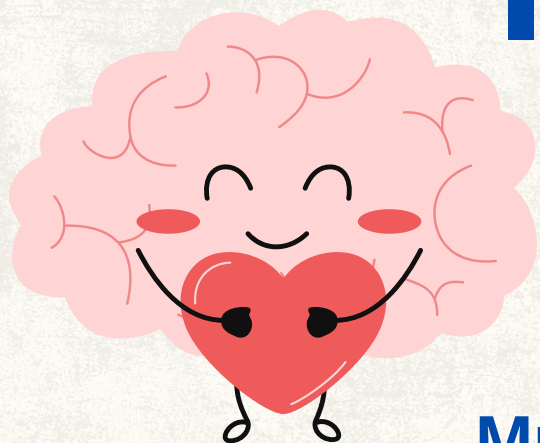




BRAIN HEALTH IN AGING



Thursday
July 9th, 2026

1:30 p.m.

Multipurpose Room



VAYAHEALTH

Participants will learn about normal cognitive aging, risk factors for decline, and lifestyle strategies to support brain health, including nutrition, exercise, and mental stimulation. Caregivers and healthcare professionals will receive practical tips to enhance the cognitive well-being of older adults.

