



Hartford HealthCare
Center for Healthy Aging
Connect to healthier.™

Healthy Brain Series



Tuesdays at 2:00 pm

January 7: Brain Foods and Staying Hydrated

January 14: Brain Challenges and Activities to Stay Sharp

January 21: Coping with Change and Managing Stress

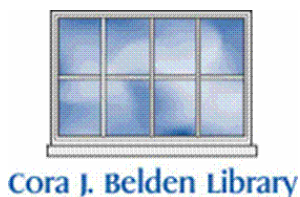
January 28: Counting Sheep - Sleep is Key

February 4: Be Positive and Find a Purpose

Join us for our free five-part series on keeping memory strong. This program will offer tips to keep your brain sharp and activities to challenge the mind while having fun. Participants are encouraged to attend all sessions.

Sponsored by the Hartford Hospital Center for Healthy Aging.

Registration requested. Please register for each session.



Cora J. Belden Library

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