

# HEALTHY LIVING FOR THE BRAIN AND BODY



EDUCATION AND  
TRAINING PROGRAMS

**Monday, January 6th  
7pm on Zoom**

## VIRTUAL PROGRAM

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health, including keeping our brains healthy and reduce risk of cognitive decline. This workshop covers four areas associated with healthy aging and drawing on the latest research, explores steps to take to improve or maintain overall health in each area.



**HOSTED BY THE FOLLOWING LIBRARIES:**

**Bedford Free Library**

**Bedford Hills Free Library**

**Lewisboro Library**

**Pound Ridge Library**

**Ruth Keeler Memorial Library**

**REGISTRATION IS REQUIRED!**