

Presented by the Mercy Center for Memory Health



Brain Health & Wellness

Brain health can change as we age. Did you know there are ways to maintain and even improve the health of your brain? Join Mercy's Center for Memory Health for a series of seminars describing ways to promote brain health and overall wellness.

Thursdays, 1 to 2 p.m.

Jan. 11 - Feb. 29, 2024

**DeWolf Innovation Center
9000 C Ave NE, Cedar Rapids**

January 11 Intro to Brain Health

January 18 Exercise

January 25 Mental Stimulation

February 1 Social Engagement

February 8 Sleep

February 15 Mind Diet

February 22 Navigating
Health Conditions

February 29 Pharmacy &
Medication Management

Come to one seminar or join them all. All interested in learning about brain health are welcome.

