



# Keeping Your Wits

## Why Brain Function Declines and Ten Ways to Prevent it.

Friday, October 20th • 2 - 3:30pm

Did you know that most of the decline in your mental function has nothing to do with aging? In fact, some mental functions actually improve with age. There are at least ten things that we can do to keep the brain working as long as the rest of the body. Come to this informative lecture and find out how! Presented by Dr. Phillip Goscienski.

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