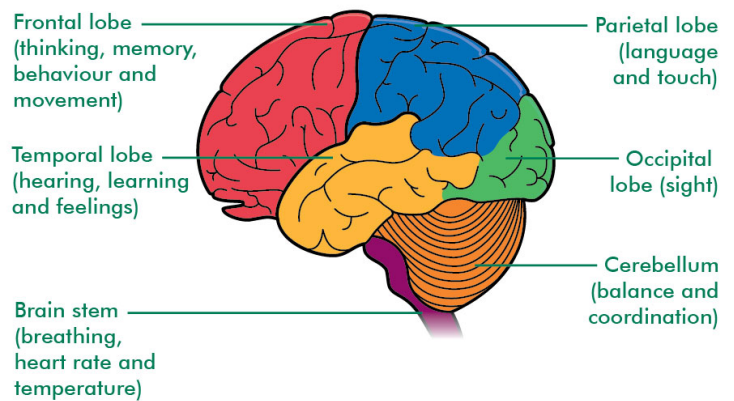


August 28, 2-3 PM: Brain Balance: Brain Health for Adults

You have heard of neuroplasticity, right? No matter what age, profession, or stage in life you are in, learn the top pillars of brain health and best practices to enhance your cognitive, physical, social, and mental well being for optimal functioning.



View flyer: [Brain Balance](#)