



Join us for our Virtual Adventures in Learning via Zoom. We are pleased to welcome back C. Angela Burrow, Certified Dementia Practitioner and National Trainer **Tuesday, March 2nd** at **10am** for a discussion about brain health and fitness. During this session Angela will guide us with the 'hot off the presses' book by **Dr. Sanjay Gupta – "Keep Sharp"**. We will discover 'Five Pillars' with goals that suggest it is never too late to make changes, small or large. To register, visit our website www.shepherdscharlotte.org or call (704) 365-1995.