



# How can you boost your brain health?

This is where we can help.



It's never too late to focus on your brain health! In this interactive session you will learn about the six pillars of brain health, activities that support brain health and hopefully be inspired by others. This session is a good overview for anyone interested in learning more about brain health and will provide you with information on the latest research on brain health, lifestyle suggestions and resources to learn more.

## **SIX PILLARS OF BRAIN HEALTH**

**Tuesday, March 18, 2025  
1pm**

**Charlotte Mecklenburg  
Library - Pineville Branch  
505 Main St #100  
Pineville, NC 28134**

**Register now at:**

**855-757-4074**

**[aarp.cvent.com/NCevents](https://aarp.cvent.com/NCevents)**

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