



TALKING ABOUT



**BRAIN HEALTH & AGING**

# THE BASICS

**Date: Monday, December 14, 2020**

**Time: 10:30 AM**

**Location: Zoom** Link available upon registration

Join **Jennifer Sheaff**, Community Outreach & Program Manager at Eastern Area Agency on Aging, and **Melissa Strout**, Occupational Therapist, as they discuss ways to promote brain health and overall wellness.

For information or to register,  
please **call: 207-941-2865**  
or **email: [info@eaaa.org](mailto:info@eaaa.org)**



EASTERN AREA  
AGENCY ON AGING

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