



TALKING ABOUT



BRAIN HEALTH & AGING

THE BASICS

Date: Monday, March 15, 2021

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**



EASTERN AREA
AGENCY ON AGING

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