

# SUPPORTING GOOD BRAIN HEALTH



**TUESDAY, FEBRUARY 18TH  
10:30AM-11:30AM**

Rhode Island Mood and Memory will join us for a presentation on normal changes we experience in cognition as we get older, the eight pillars of brain health and some of the things that people can do to try and stave off cognitive decline.



*The team will also provide information on what to do if someone is experiencing abnormal changes in memory & thinking abilities.*