

BRAIN HEALTH



and Aging

EVENT DETAILS

12 Noon

April 20, 2022

**South Amboy Senior Resource Center
108 South Stevens Avenue
South Amboy, NJ 08879**

FREE to all South Amboy Seniors ages 60 and older

Reserve your spot no later than 4/15/2022
by calling 732-525-5960

Rutgers will provide this interactive presentation that includes activities so you can assess your own brain health habits and plan activities to help you strengthen your cognitive function and overall health

Refreshments will be provided