

Healthy Brain Series

Presented by Julie Ramia,
Dementia Specialist

Hartford HealthCare Center for Healthy Aging



Center for Healthy Aging

Join us for this 5-part series at Fairfield Woods Branch Library.
Participants are encouraged to attend all five sessions.
Registration is required.



Monday, March 16th * 6:30pm

Tips to Maintain a Healthy Brain:

Simple daily activities that help keep your mind sharp.



Monday, March 23rd * 6:30pm

Eat Smart for a Stronger Brain:

Foods that fuel memory and healthy aging.



Monday, April 13th * 6:30 pm

Staying Connected and Purposeful:

How meaningful engagement improves brain health.



Monday, April 20th * 6:30 pm

Sleep: Your Brain's Nightly Tune-up:

the importance of sleep for your brain.



Monday, April 27th * 6:30 pm

Secrets of the Blue Zones:

Healthy habits that add years to your life.



Fairfield
Public
Library

All programs are free and open to the public.
For more information: fairfieldpubliclibrary.org or call 203-255-7307.

Main Library
1080 Old Post Road
Fairfield, CT 06824

Fairfield Woods Branch
1147 Fairfield Woods Road
Fairfield, CT 06825

