

Hartford HealthCare
Center for Healthy Aging
Connect to healthier.™



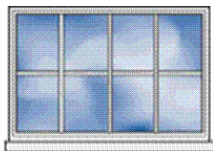
The Healthy Brain- a five part series

Presented by Patty O'Brian, CDP and Michelle Wyman, LSW, CDP, Dementia Specialists,
Hartford HealthCare Center for Healthy Aging

Tuesdays, 2-3 pm at Cora J. Belden Library

Registration through [Hartford HealthCare Center](#)
to sign up call 1-877-424-4641 or
@HHC.CenterRSVP@hhchealth.org

- 1/9/18: Eating brain foods & staying hydrated
- 1/16/18: Daily activities to keep your mind sharp
- 1/23/18: Coping with change, managing stress & being social
- 1/30/18: Better sleeping and being creative
- 2/6/18: Being positive and finding purpose



Cora J. Belden Library

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33 Church St.
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www.rockyhillct.gov/library