

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

1/9/18: Eating brain foods & staying hydrated

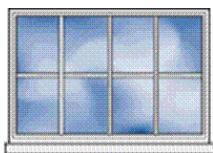
1/16/18: Daily activities to keep your mind sharp

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

Register [online](#) or by calling 860-258-7623.



Cora J. Belden Library

Cora J. Belden Library

33 Church St.

Rocky Hill, Connecticut 06067 | 860-258-7621

www.rockyhillct.gov/library