

WEBINAR: June 16, 2026 | 1:00 pm EST

# Brain Health

*June is National Alzheimer's and Brain Awareness Month*



Scientists now know that our brains change throughout life. Keeping our brains healthy will go a long way towards extending our quality of life as well as how long we live. While many factors that affect brain health are things we can't control, there are many more actions we can take that will help prevent brain injury, disease, and cognitive decline. This interactive presentation includes activities so you can assess your own brain health habits and plan activities that will help you strengthen your cognitive function and overall health.

CLICK **HERE** TO REGISTER

## FOR MORE INFORMATION:

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