

Keep Your Brain Healthy and Active



“A Healthy Brain Series”

Hartford HealthCare 
Center for Healthy Aging
Connect to healthier.™

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

McLean • 75 Great Pond Road • Simsbury, CT
The Burkholder Community Center • 6:00 - 7:00 pm

Join us for a free, educational series on keeping your memory strong.
Participants are encouraged to attend all sessions.

The following topics will be covered:

- 3/4 Eat Brain Foods & Stay Hydrated**
- 3/11 Challenge your Mind Daily - Activities to Stay Sharp**
- 3/18 Coping with Changes & Managing Stress - Be Social**
- 3/25 Count Sheep - Be Creative & Have Fun**
- 4/1 Be Positive - Find a Purpose**

RSVP Required. Space is limited.

Call 860-658-3723

A light dinner will be provided

McLean is a not-for-profit senior living community in Simsbury, CT offering a continuum of services including independent living, assisted living, memory care and enhanced assisted living; an adult day program, short-and long-term skilled nursing, outpatient rehabilitation and wellness; post-acute care, home care and hospice.