

BRAIN & MEMORY FITNESS



Our brains manage our thinking, memory, movement, and feelings. Good cognitive health means strong memory, good executive function, quick processing, and focused attention. These functions are crucial for everyday life, and while some cognitive decline is normal, aging can often bring concerns about memory loss. Join Health Coach, Angie Jenkins, as she discusses the following topics in the context of brain & memory fitness:

- Lifestyle Factors (exercise, nutrition, know your numbers, smoking, and sleep)
- Activities and Games for Memory
- Music and Meditation Benefits
- Digital Resources and Books

Date: Wednesday, June 11

Time: 12:00 - 1:00pm CT

How to join: [Click the link here](#) to join the Teams meeting. No registration required.

Presenter: Angie Jenkins, AllOne Health Wellness Coach