



MANALAPAN SENIOR CENTER

BRAIN AGE PRESENTATION

Thursday, Feb. 6, 2025
1:00 PM

114 Rt. 33 West, Manalapan

Just like the body, the mind ages and can lose strength over time. But did you know it's possible to slow, stop, and even reverse the aging of your brain? Neuroscientists around the world have developed the concept of Brain Age to illustrate exactly how this can be done.

At this program, attendees will learn more about the history of this program, the science behind it, and will receive an assessment so they can determine their own Brain Age



RSVP by Feb 4th
in person or call 732-446-8401

Hosted by:

