



# Manalapan Senior Center

## KEEPING YOUR BRAIN HEALTHY AS YOU AGE WORKSHOP

**TUESDAY, JUNE 9 at 1:00pm**

**Manalapan Community Center  
114 Route 33 West**



**This is an interactive, Jeopardy-style workshop. Topics include mental health, staying physically active, healthy eating, mental stimulation, social connections, and transportation safety.**



**Register in person  
or call 732-446-8401**



**Brain Injury  
— Alliance —**

NEW JERSEY