

BRAIN GAMES

Keep the Mind Sharp



with Michael Salas of Horizon-BCBSNJ

This interactive presentation by Michael Salas discusses our brain as the "master computer" and the important topic of brain health. There are routine maintenance activities we can do on a daily basis that help to keep this master organ healthy and in best working order, even as we age. Diet, physical exercise and proper rest will be touched upon. There will also be games and exercises played that stimulate and exercise different areas of our brain to help increase our memory. A strongly exercised brain can help keep our memory strong!

Tuesday, June 12 at 7:00 pm

Hunterdon County Library

314 State Route 12, Flemington

This program is free and open to the public.

**Due to the popularity of our programs, we recommend reserving a seat.
Please call (908) 788-1434 or click on the Calendar of Events at www.hclibrary.us**

Reservations are necessary in the event the program is cancelled. Vacant seats will be released 5 minutes prior to the start of the program.

It is the policy of the Hunterdon County Library to provide reasonable accommodations for persons with disabilities with advance notification of need. Please call (908) 788-1434. Without advance reservations, it may not be possible to provide accommodations. 5/18