



SLEEPING THROUGH THE AGES

OPTIMIZE YOUR BRAIN HEALTH, A LUNCH AND LEARN FOR INDIVIDUALS 60+ YEARS!

NOVEMBER 20TH | 11:30AM - 12:30PM | UNITED WAY CITY EAST CENTER

Sleep is crucial for brain health, occupying about one-third of our lives. Quality sleep is vital for learning, memory formation, concentration, and toxin removal in the brain. This presentation emphasizes the significance of restorative sleep and offers guidance on establishing a beneficial sleep routine for all ages.



SPACE LIMITED - PRE-REGISTRATION
REQUIRED CALL 448-4300 TO REGISTER

ANNUAL DINING FORM REQUIRED. STOP
BY ADRC, OR FILL OUT AT THE EVENT)

Grounded Café will be serving the Farmhouse Feast Salad, which includes Roasted Chicken, Chick Peas, Roasted Sweet Potatoes, Craisins, and Almonds served on a bed of fresh Greens – with a side of yogurt or fruit. Suggested contribution rate is \$5/meal or under the age 60 and pay \$11.35.



Brown County
UNITED WAY