



Be Well's 1st Quarter Educational Event

Keeping Your Brain Healthy

Genetic risks to brain health are inherited, but the lifestyle and environmental factors you control may be changed to help overcome some of these risks and help maintain brain health.



★ **September 18 @10 and 11 am
in the Tolland Town Council
Chambers**

To sign up go to: Brain

For those unable to attend there will be a virtual option available starting Sept. 24. For any questions or concerns email us at BE_WELL@EHHD.ORG