

MIND MATTERS: THE ROLE OF HEART HEALTH

Thursday, July 23rd | 2:00 pm - 3:00 pm



The health of the heart and brain are closely connected. This class will explore how blood pressure, cholesterol, diabetes, movement, and other cardiovascular factors can influence cognitive health. Participants will learn practical steps to support both heart health and brain health through everyday lifestyle choices.

Presented by:
Deborah Morse, MSG




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Call (949) 470-3062
to RSVP

Refreshments provided by Seniors Helping Seniors

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