

Wellesley Health Department and Wellesley Free Library Present:

# Staying Sane - Maintaining a Healthy Brain!



Staying Sane-  
Maintaining a Healthy Brain!

**WHEN:** Thursday, May 17, 2012

**WHERE:** Wellesley Free Library

**TIME:** 6:30 - 8:00 PM

**COST:** FREE!

**RSVP:** Cheryl Lefman

**E-mail:** [clefman@wellesleyma.gov](mailto:clefman@wellesleyma.gov)

or 781-235-0135

In this third installation of an interactive workshop exploring methods of maintaining a healthy brain, presenter Leslie Worris MPH, RYT 500 will provide strategies and tips to improve memory and cognitive function. The workshop will highlight the importance of hydration and proper nutrition for brain health.

This **FREE** workshop will be held Thursday, May 17, 2012 at the Wellesley Free Library.

**Participation in prior workshops is not required**

*This workshop taught me to be more mindful about how I live my life - 2011 attendee*

*Thank you - Leslie is fabulous! - 2011 attendee*

Learn how to keep your brain healthy at this free workshop

Sponsored by Wellesley Health Department and Wellesley Free Library

For more information visit [www.wellesleyma.gov/health](http://www.wellesleyma.gov/health)