



Care Talks

Practical Discussions on the Journey of Aging

Saturday, October 12th
10:00 a.m. - 12:00 p.m.

Elderhaus Adult Day Program
6813 S. College Ave.
Fort Collins, CO 80525

Functional Brain Health: What You Can Do!

Whether from an illness, injury, or age, most people's brains slow down as we get older. However, there are steps you can take every day to maintain your brain.

Come and learn what they are!

Dr. Matthew Dodson, occupational therapist, and **Ms. Madeline Kent**, Certified Nutrition Therapy Practitioner, will address topics such as myths of brain related aging, what is happening "in the background" when your brain ages, and what you can do from a nutrition and cognitive exercise perspective to maintain and grow your brain!

**Held every second Saturday
at varying locations**

Presented by **Elderhaus, BRAINTRUST, and SANTÉ Health & Wellness**



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