



DEMYSTIFYING DEMENTIA & THE SIX PILLARS OF BRAIN HEALTH

Written by Lisa Dredde Cooper of AARP

Presented by Roberta Sexton

AARP Volunteer & Experienced Caregiver For Those With Dementia

Presenter: Roberta Sexton

Roberta Sexton is an active volunteer with AARP. Her interest in brain health was inspired by her experience as a caregiver for three, close friends who suffered from dementia.

Thursday, March 30

11:30 am - 2:00 pm

Crouch Senior Center

Ground Floor, Room 005

On The Menu

Beef Pot Roast

Mashed Potatoes

California Blend Veggies

Roll

Fresh Fruit

Milk

Dessert



11:30 am **Registration**

12:00 pm **Lunch**

12:30 pm **Presentation**

Register: Call **768-8691** or Email LMead@mijackson.org

Workshop Free.

Lunch: 60+ suggested donation \$2.50; *Under 60 cost \$3.50*

Location: Crouch Senior Center, 1715 Lansing Avenue, Jackson, MI, Ground Floor, Room 005, Park In Lot A or B



Department on Aging

517-788-4364

<https://www.mijackson.org/619>

CITY OF
JACKSON
MICHIGAN

