



# BRAIN HEALTH

## A WEBINAR PRESENTATION

Presented by **Chris Petrik, RN, BS, CDP, CADDCT**, Training Specialist  
**Elderwerks Educational Services**

The brain changes as we age. This presentation will help distinguish the changes to one's memory that are normal and those that are not. Chris will discuss how brain exercises can strengthen the brain's memory center; and provide tips and techniques to assist in remembering names, dates, and important appointments.

**TUESDAY, SEPTEMBER 8, 2020**

**12:00 PM to 1:00 PM ~ Webinar Presentation**

Please join us for this important topic! Reservations are required.

*Elderwerks* 

847-462-0885 or [Events@Elderwerks.org](mailto:Events@Elderwerks.org)

Webinar access information will be emailed after registration and prior to the date of the event.

[www.Elderwerks.org](http://www.Elderwerks.org)

