

The Healthy Brain:

Can Your Brain Span Match Your Life Span?

Plus: Learn 10 Signs of Dementia



Wednesday, October 2, 2024, from 4–5:30 PM

St. Thomas More Catholic Church

1079 Summit Avenue, St. Paul, MN 55105

Note: Please park in the parking lot behind the church & enter via the set of four doors near the lot.

Can your brain span match your life span? Join Lyngblomsten Community Services for a presentation that will teach you strategies you can use to help ensure a healthier brain, based on four things you can do now for mental fitness.

Presenter: Carolyn Klaver, RN, Community Dementia Care Specialist, Lyngblomsten Community Services

Carolyn has two decades of experience working with individuals who have memory loss, their families, and their caregivers. She is certified as a Dementia Capable Caregiver Coach and Family Memory Care Consultant.

Join us for this engaging and educational presentation!

Fee: This program is FREE and open to the public.

Registration: RSVP is preferred but not required.
Please RSVP by Friday, September 27.

To register or for more information, contact:

Lyngblomsten Community Services
(651) 632-5330 | communityservices@lyngblomsten.org

Lyngblomsten Community Services is supported, in part, by gifts made to the Lyngblomsten Foundation. Learn more at www.lyngblomsten.org/foundation.

Presented by:

