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## **Brain Bites: Healthy Living for Your Brain and Body**

Date and Time

Thursday 6/6/2024 1:00 to 2:00pm

Event URL

[Register Here](#)

Event Region

Statewide

Event Type

Webinar

Event Cost

\$0.00

Event Description

Brain Bites: Healthy Living for Your Brain and Body will be held on Thursday, June 6, 2024, from 1 pm until 2 pm.

AARP Virginia along with the Alzheimer's Association of Southeastern Virginia Chapter, presents Brain Bites which focuses on Alzheimer's awareness and brain health.

Join us to learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

Contact AARP Virginia by email at [aarpva@aarp.org](mailto:aarpva@aarp.org) for more information.

Event Image or Sponsor Logo

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