

**Published on *SeniorNavigator* (<https://seniornavigator.org>)**

## **Brain Bites: The Six Pillars of Brain Health**

Date and Time

Thursday 6/27/2024 1:00 to 2:00pm

Event URL

[Register Here](#)

Event Region

Statewide

Event Type

Webinar

Event Cost

\$0.00

Event Description

Brain Bites: The Six Pillars of Brain Health will be held on Thursday, June 27, 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 for this session. Do you think you're too old to grow additional brain cells? Think again! Learn how to take charge of your brain health and improve the quality of your life at any age. Throughout this interactive presentation, attendees will learn and share information about what they are doing to help keep their brains healthy. The Six Pillars presentation is based on current brain research, vetted by AARP's Global Council on Brain Health and AARP's Staying Sharp program.

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

Event Image or Sponsor Logo

Image

