



How to Look After Your Brain Health in Your Senior Years

Getting old is inevitable, but no one wants to see their memory, mental agility, and performance decline. The good news is that as researchers continue to study how the brain functions, they learn more about the things we can do to improve its health.

In fact, researchers are showing that many of the lifestyle choices we make influence how our brains will age – for better or for worse.

Join us in this one-hour presentation, where we'll look at metabolic health and energy production and the important role this plays when it comes to the brain.

We'll then look at seven simple strategies you can adopt to look after your brain and your health.

Speaker: Desiree Pule, Certified Health Coach.

Date: 20th April 2023

Time: 11h00

Book with reception ext 3200