



Weak muscles weak brain?

In this presentation we explore the link between our muscles and brain health

Join us in this one-hour presentation where we'll take a closer look at how our muscles and brain are connected and why this is important as we get older.

Speaker: Desiree Pule, Certified Health Coach

Date: 13th June 2023

Time: 10h30

Place: Large TV Area

RSVP to Reception for seating purposes