



Maximizing Brain Health

Monday, November 18, 2024 | 6 p.m.

Location: Zoom Meeting



If you're concerned that you are not as sharp as you used to be, there are steps you can take right now to reduce cognitive decline. **DR. RAJIV VYAS** from Capital Health – Behavioral Health Specialists will share strategies to keep your brain sharp and reduce memory loss.

This event will be taking place virtually using Zoom. Register online at capitalhealth.org/events and be sure to include your email address. Zoom meeting details will be provided via email 2–3 days before the program date. Registration ends 24 hours before the program date.



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