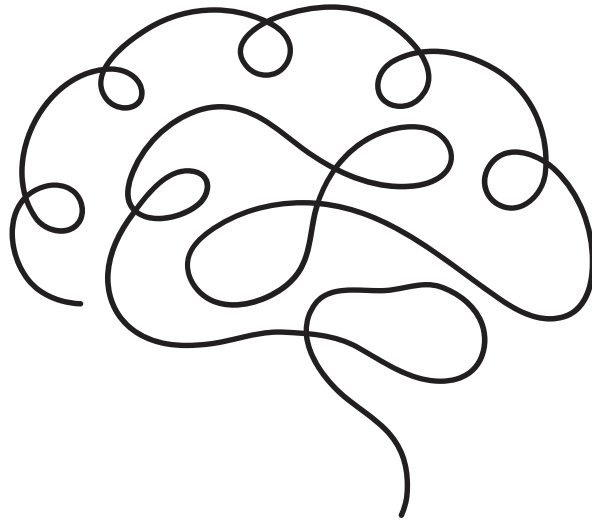# Better at Last Presents
Memory and Brain Health

WHAT: Join us for a fun and interactive Brain Health Workshop where you'll learn simple, science-backed strategies to keep your mind sharp at any age.
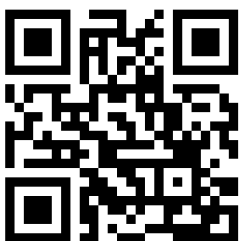
What you'll gain:

- 6 proven ways to boost brain function
- Tips to improve memory and focus
- Tools to build long-term cognitive resilience
- Everyday habits to support brain wellness

WHERE: McGregor Public Library; 317 S Main St

WHEN: Monday, 6/23/25; 11:00am

Website

254-203-5015

betteratlast.org