

# Thinking Well

## 4-week Brain Health Series

### with Dr. David Ajibade

## Tuesdays 1:00-2:00 pm

## May 5, 12, 19, 26 (ONSITE)

Introduction: Brain Health Basics  
Why does dementia risk increase with age?

1. Protecting the Brain – Reducing damage and risk factors
2. Building Brain Strength – Boosting your brain's defenses
3. Know Your Numbers – Important tests and why they matter
4. Your Brain Plan – Creating a personal protection program

**Members \$60**

**Guests \$75**

**Registration**

**Call: 410-358-6856**

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