



HOW TO MAINTAIN A HEALTHY BRAIN



When: Thursday May 17, 2018

6:00 pm to 7:00 pm

Where: Theater, The Memory Center

12050 Findley Road, Johns Creek, GA 30097

Who: ALL are welcome

Among seniors, mental decline is one of the most feared consequences of aging. But what if I told you that cognitive impairment is not inevitable. While it is true that the aging brain still holds many mysteries, there are nonetheless many things we can do to positively influence the brain's health and overall wellness. In this hope-filled presentation, I look forward to providing you with valuable information and guidance to help you get started on the road to improved cognitive health and longevity.

Presented By: Tracy Johnson RN, CCM



Tracy Johnson is a Registered Nurse, Geriatric Care Manager and Certified Dementia Care Practitioner. For the past 10 years she has served as the Director of Nursing and the Executive Director of Independent, Assisted and Memory Care Communities in the Buckhead area. Tracy is the CEO of Premier Care Management of Georgia which serves the needs of seniors and families in metro Atlanta. She has a wealth of experience as it relates to seniors and specialized training for seniors experiencing the overwhelming effects of dementia. She is a leading advocate and educator with a passion for helping seniors improve the health and well-being of their lives.

Please RSVP to Michelle Hartlage at MichelleH@TheMemoryCenter.com or call 770-476-3678

Refreshments will be served