

## Tuesday, February 11 | 11:00 a.m.

Join us in learning the five pillars of brain healthy behaviors, which research shows, regardless of age, will *help reduce the risk of age-related diseases* and *maintain cognitive abilities.* 

Share your brain healthy behaviors and be inspired by others. *It's never too late to take charge of your brain health and improve our quality of life.* 

This event is **free and open to the public.** Space is limited.

Let us know you are coming. For more information or to RSVP call 703-834-9800 or email RSVP@TallOaksAL.com.

Hosted by Tall Oaks and co-sponsored by the Global Council on Brain Health.



## **RISING TO NEW HEIGHTS**

www.TallOaksAL.com 12052 N Shore Drive • Reston, VA

## Global Council on Brain Health A COLLABORATIVE FROM ARP

