



# YOUR BRAIN HEALTH:

Sleep, Memory & Movement Disorders

## SAVE THE DATE

June 1, 2023 - 6:30pm - 8:00pm

Masonicare at Ashlar Village, Hartog Center, Knapp Auditorium

Join us for an evening with experts from Hartford HealthCare's Ayer Neuroscience Institute for educational discussion and Q&A.

The panel will lead you on a journey inside the inner workings of the human brain including:

### Memory Care

What is part of normal aging and what is not

### Brain Games

How to keep your mind healthy and active

### Sleep

Importance of sleep and effects on the brain

### Movement Disorders

Signs, symptoms and how to manage certain conditions



Q&A

After the presentation



**Registration is Open!**

Visit [bit.ly/YourBrain2023](https://bit.ly/YourBrain2023) or scan the QR code to RSVP.

