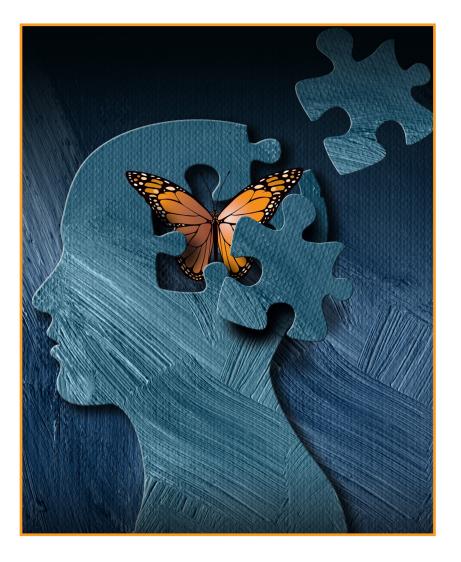
## Healthy Aging

Wednesday 6/28/23 • 12:30-1:30 PM Community Room



Have you heard of neuroplasticity? Understand what happens to our brain and body as we age and take away best practices to improve brain health including enhancing your cognitive, physical, social, and emotional functioning.

**Mission Hills-Hillcrest/Knox Library** 215 W Washington St, 92103 • 619-692-4910 facebook.com/MissionHillsLibrary

