

PHWC

Palmetto Hall Women's Club
Enriching the Lives of Our Neighbors

Building a Better Brain Friday, February 20th

Where: Hilton Head Branch Library, 11 Beach City Road

Time: 11:00am – 12:00pm

Cost: \$10 (donation made to Memory Matters)

Debbie Anderson, Community Education Director from Memory Matters (<http://www.mymemorymatters.org/>) will share with us How to Build a Better Brain. No matter your age, maintaining a healthy brain is important to your overall well-being. It's never too late to protect the circuit board of your body! Join Memory Matters to learn practical and fun ways to help your brain be the best it can be. Learn:

- How to preserve your brain health
- Changes in your brain as you age
- Myths of aging
- How multi-tasking affects your brain
- What you can do NOW to protect your memory



This is a member plus 1 event and will be limited to the first 75 responses.

RSVP to PHWCreservations@gmail.com by **Thursday, February 12th** and deliver a check made payable to PHWC to Debbie Dusenberry's community box located at 16 Tucker Ridge Court. No refunds will be available after Thursday, February 12th.

Questions? Contact Debbie Dusenberry at (843) 415-8803