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## **Learn and Learn, New Year, New Brain, Alzheimer's Association**

Date and Time

Thursday 1/21/2021 11:00am to 12:30pm

Event URL

[Register here](#)

Event Region

Tidewater/Chesapeake

Event Type

Class - Workshop

Event Cost

\$0.00

Event Description

Join the Alzheimer's Association Southeastern Virginia Chapter and Senior Services of Southeastern Virginia for an engaging virtual discussion on healthy living for your brain and body. Learn about research-informed methods to use nutrition, exercise, social interaction, and cognitive activity to boost your brain health. Learn from a registered dietitian on healthy eating habits and how to set new goals for the new year. Thursday, January 21, 2021 Noon until 1:30 pm.

Call 1-800-272-3900 or Register below to receive instructions.

Event Image or Sponsor Logo

Image

