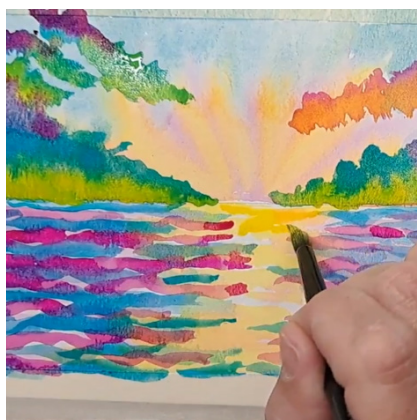




BRAIN HEALTH ACTIVITIES

Free videos from UK Sanders-Brown Center on Aging to enhance brain health by inspiring engagement in a wide range of activities.



This educational series is designed to support brain health by fostering engagement in a wide range of meaningful activities. It is never too early or too late to start caring about your brain's health. We offer two different program options for those experiencing the early stages of cognitive decline.

Brain Boost and Brain Health 101.



Learn More about
Brain Health resources

<https://medicine.uky.edu/centers/sbcoa/brain-health-activities>

 Sanders-Brown
Center on Aging

Reach us at: (859) 323-5550