



Love Your Brain this Valentine's Day!
February 14th, 10:30am - 11:30am
Kitsap Regional Library
Silverdale, Salish Room

**Healthy Aging: Brain Health &
Safe Use of Medication**

Healthy aging is a unique and personal journey that includes a variety of factors and aspects of health. Increasing or maintaining safe use of prescription and non-prescription medications is one way to maintain positive lifestyle factors that support brain health.

Join us for an information presentation about the topics listed below, in support of your healthy aging journey!

- Brain basics, brain health, healthy lifestyle factors
- Tips for safe use of medication and organization
- Medication disposal options
- Traveling with medication

In-person

No Fee to Attend

**No Reservation
Required**

**Call Jennifer with
questions:
(360) 328-1078**



**IN PARTNERSHIP WITH
KITSAP COUNTY
AGING AND
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**(360) 337-5700
(800) 562-6418**

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