



TUESDAY NOONTIME SERIES

The Six Pillars of Brain Health

It's never too late to take charge of your brain health! In this interactive session, you will learn about the six pillars of a brain-healthy lifestyle, share your brain-boosting activities, and be inspired by others. This session is a good overview for anyone interested in improving their brain health and will provide you with actionable steps you can take along with resources to learn more.

When:

June 27, 2023
Noon - 1:00pm

**This Event is Free
via Zoom.**

To Register:

Click Here:

<https://www.agingtogether.org/upcoming-programs.html>

Or go to www.agingtogether.org and continue to the "Upcoming Programs" section under the Programs tab. Click on the "Register" button under the event listing.

You will receive an email with Zoom link Information specific to this program. Please check your email after you have registered.

Presenter:

Mike D'Ostilio
AARP Volunteer

Mike Ostilio retired from the U.S Army in 1996 and from the Federal Government in 2015 where he served as the Chief of Investigations, Assistance, and Hot Line Branch for the Army Inspector General Agency. He began working with AARP as a legislative volunteer in 2016. Mike has participated both at the state and federal level talking with legislative officials on healthcare and caregiving initiatives affecting seniors. He is also a member of the AARP Virginia Speakers Bureau and has presented such topics as Brain Health, Home Fit, Downsizing, and Making Chapters More Effective. In 2017, Mike was presented with the AARP Virginia Rookie of the Year Award.

Mike also is a volunteer with the National Park Service and works at the Fredericksburg Battlefield and Chatham Manor. Additionally, Mike and his wife, Marietta, are Senior Visitor volunteers.

For everyone!
Just join & listen
or bring
your questions.

