



## **INFORMATIONAL WEBINAR**

### **The 6 Pillars of Brain Health**

It's never too late to focus on your brain health! In this interactive session you will learn about the six pillars of brain health, activities that support brain health, and hopefully be inspired by others. This session is a good overview for anyone interested in learning more about brain health and will provide you with information on the latest research on brain health, lifestyle suggestions, and resources to learn more.

#### **When:**

**January 20th, 2022  
2:30pm**

#### **Where:**

**Zoom Viewing**

***This Event is Free.***

#### **To Register:**

Click Here:

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

Or go to [www.agingtogether.org](http://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.

A quarterly program of:

**The Piedmont Dementia Education Committee**

**Watch out for other upcoming PDEC programs April 21, July 21,  
& the Dementia Education Conference on October 20!**

## **Our Presenter: David Hunt**



Mr. David H. Hunt is an AARP Virginia State Office Volunteer Community Ambassador. He was a special education teacher for 16 years teaching in Buffalo, New York, Beckley, West Virginia and Richmond, Virginia. He then became a school administrator and retired in 2017 as a Regional Principal for the Virginia Department of Corrections. He regards himself as a life-long learner whose hobby is magic. Mr. Hunt enjoys sharing the knowledge he's gathered and sprinkling his live presentations with a little magic and humor.

Mr. Hunt is a return presenter to our Aging Together audience. We hope you can join in this different topic on brain health!

