

Literary Lunch

Thursday November 14th at Noon



The Neuroscience of Cognitive Aging... And How to Impede It!

There is a big difference between normal cognitive aging and dementia, (i.e. Alzheimer's Disease); such as the involvement of different brain regions. Recent research makes a case for several practices in our everyday lives that can slow down or impede cognitive decline. **Dr. Kate Patten Ph.D.** will enlighten us!



You don't have to be a member of New Horizons to enjoy
a delicious meal and delightful conversation!
\$10 for a soup, sandwich and dessert