FREE Public Program for all Brookfield residents - Sponsored by the Brookfield Women's Society

How to Love Your Brain

Your brain weighs only about 3 pounds but is fundamental to everything you do. Learn how to care for your brain with powerful strategies that will not only improve your brain health today but also offer hope to prevent, delay and even reverse cognitive decline.

Presentation by Brookfield resident Lauren Varney, MD, CHWC



Thursday, December 7, 2023 6:00 - 8:00 p.m. Brookfield Town OFFICE Building - 267 Wentworth Road

Please register with the Town Clerk by Tuesday, December 5th townclerk@brookfieldnh.org or 603-522-3688, Ext. 201