

# *Our Aging Brain:* Typical Changes and Brain Health

*Wednesday, September 27, 2023*  
*1:15 - 2:15 PM*

As we age we should expect changes to occur in our body and brain.

Join us as we look at what changes are typical in the aging process. While thinking and memory problems may arise, they could be normal and/or reversible.

Learn about the causes of these symptoms, what you can do to improve them, and how to keep your brain healthy.

#### **About the presenter:**

Sheri Fairman has a Master's degree in Social work with over 10 years of experience working with the elderly and their care partners. She is a Certified Independent Trainer and Consultant with Teepa Snow's Positive Approach to Care and works as a Mentor on her team. Fairman is owner of Dementia Care Solutions and provides consulting, coaching, training, and presentations specific to quality dementia care.



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Light refreshments  
will be served.

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Presentation Held At:  
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