



Optimizing Brain Health As We Age

This free presentation is open to all and will provide an overview of the aging brain, along with strategies, advice, and resources to keep your brain healthy

Please join us at one of the following locations:

Tuesday, June 17th 3:30-4:30 PM Leverett Library 75 Montague Rd Followed by Q&A and refreshments	Tuesday, June 24th 7:00-8:00 PM New Salem Library 23 So Main St Followed by Q&A and refreshments
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Presenters **Linda Puzan, MSW**, and **Nancy Spittle, RN**, bring decades of experience in the fields of dementia care and memory support. They have dedicated their careers to understanding the challenges of memory loss and providing compassionate guidance to individuals and caregivers alike.

This first event in a series of presentations and activities sponsored by the Village Neighbors and the Councils on Aging of Leverett, Shutesbury, New Salem and Wendell **Neighborhood Dementia Support Program**

Whether you're living with memory loss, caring for someone who is, volunteering, working in a town role, or simply interested in learning and getting involved—we welcome you to connect with us. The Neighborhood Dementia Support Program offers brain health and dementia-related trainings, educational materials, social activities, support and consultations.

With over 40% of our region's residents age 60 or older — and that number growing — our communities are committed to becoming more responsive, inclusive, and supportive.

Join our Neighborhood Dementia Support initiative and share your ideas and lived experience. Together, as compassionate neighbors, we can build a stronger network of care and individualized support for those affected by memory loss or dementia.

For support with memory loss, contact Village Neighbors at 413-345-6894 or email us at generalinfo@villageneighbors.org

This Age & Dementia Friendly Community Award is supported by LifePath, with funding from the Point32 Health Foundation and the Community Health Improvement Plan (CHIP) Network, a project of the Franklin Regional Council of Governments (FRCOG).