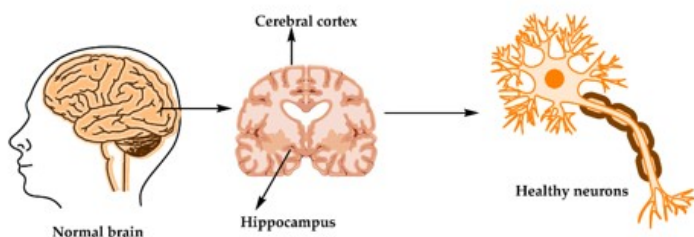


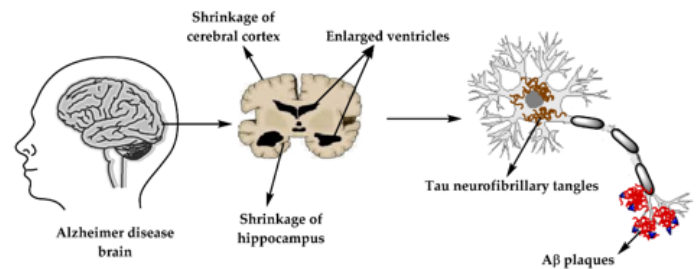
# Brain Longevity Classes



**Want to reduce your risk of dementia?**



**Healthy Brain**



**Brain with Alzheimer's**

**You're never too young to start caring for your brain!**

**Come to our four weekly Wednesdays course:  
10:30-12:30 8th, 15th, 22nd, 29th May**

**Each week covers one of four pillars of dementia prevention:**

- **Stress management**
- **Diet & supplements**
- **Exercise**
- **Spiritual fitness e.g. purpose, socialising, etc.**

**Classes are FREE, but donations are welcome**  
**Please register at the Hub or call 01491 525637**