



## ~Lunch N' Learn~

**Donna Atlman, Speech-Language Pathologist  
Kessler-Rehab**

*Presents*

# ***"Maintaining Cognitive Skills as We Age"***

Many people know that it's important to maintain a level of physical fitness as we age in order to prevent broken bones and other injuries. But did you know that it's just as important to maintain your cognitive fitness? Donna Altman, speech-language pathologist, will discuss the definition of cognition, how we use different aspects of cognition throughout our daily activities, and what we can do to keep our minds sharp and help facilitate a brain-healthy future.

**Date: Tuesday, September 12, 2017**

**Time: 12:00 PM – 2:00 PM**

**Place: Mountaintop Church**

**6 Naughtright Road, Hackettstown**

**Complimentary luncheon is served.**

***MUST REGISTER***

**by calling the Senior Resource Center at 908-879-2202**

**-Seating is limited-**

**Sponsored by the Senior Resource Center**

**50 Route 24, Chester, NJ 07930 908-879-2202**

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