



~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: **Monday, April 23, 2018**

Time: 12:00 PM – 2:00 PM

Place: **Washington Twp. Public Library
37 E. Springtown Road, Long Valley**

Cost: \$2. – LUNCH IS INCLUDED!

MUST REGISTER

by calling the library at 908-876-3596

or register at www.wtpl.org

-Seating is limited-

Sponsored by the Senior Resource Center

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