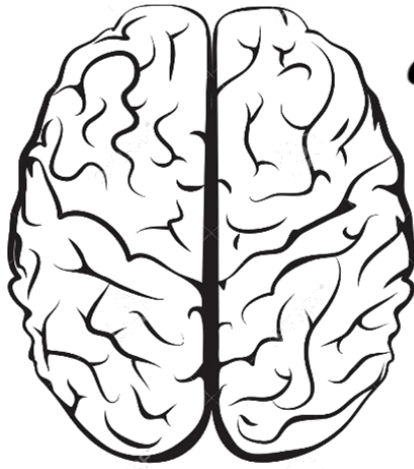


NUTRITION



## and the Brain

Tuesday, April 30<sup>th</sup>

6:00-7:30 pm

Want to learn more about how to lower the risk for cognitive and memory losses as we age? Barbara Goll will share her knowledge on nutrition for a healthy brain, how to make the best food choices, reducing risk for Alzheimer's Disease, and optimizing nutrition for those living with Alzheimer's.

Barbara Goll is a Community Educator and Nutritionist for Homeland at Home. She has spent most of her career in the long-term care setting as dietitian, dietary manager, and life enrichment coordinator. Her passion is educating and helping people to age in place.

**\*Registration required\***

**HOMELAND**  
*at Home*

HOSPICE + HOMEHEALTH + HOMECARE