



# Nourishment for Your Mind: Clearer, Sharper, and Happier

Support long-term brain health! Explore ways to keep your mind sharp, clear, and happy in this session on brain health, conditions, and care.

## Nourishment for Your Mind: Clearer, Sharper, and Happier

**Tuesday, September 16**

**1 p.m. - 2 p.m.**

**Register Now**

**Space is limited.**

### Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

