

# Boost Your Brain Health Now!

With

Dr. Nora DeVoe



Dr. Nora DeVoe is a Gerontologist specializing in Eldercare and Caregiver issues.

She will discuss easy things you can do to boost your brain power. It is vital to do all you can to preserve your cognition.

There is no sure way to prevent dementia, but research suggests that certain lifestyle modifications may reduce your risk.

**Monday, March 11, 2019**  
**@ 6:30 p.m.**

Registration is required for this program that is for adults 50 years old and up.

Please call or visit the library to register.

**Aurora Town Public Library**  
**550 Main St**  
**East Aurora, NY 14052**  
**652-4440**

Sponsored by the Friends of the  
Aurora Town Public Library