

**Free**

# Community Seminar

*Presented by Kevin Duff, Ph.D., ABPP-CN  
OHSU - Oregon Alzheimer's Disease Research Center*



## Insights into:

### *Brain Health as We Age*

Aging can impact brain health and function in various ways, but the good news is that science-backed lifestyle changes can help.

Dr. Duff will be sharing practical, evidence-based strategies to boost brain health - so you can start benefiting right away!

**WEDNESDAY, April 16, 2025**

**11:00am - 12:30pm**

**BEAVERTON CITY LIBRARY**

12375 SW 5th Street, Beaverton

*Join Us!*



**Register online / Questions: 503-208-4524**

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