



Monday, August 25<sup>th</sup>

6-7:00pm

Beaverton Activity Center, Cedar River Room



# FOOD FOR THOUGHT

Boost Memory, Mood, and Clarity

A sharp mind starts at the table.

Explore how simple, nourishing choices can protect  
your brain and enrich your years ahead.

RSVP by texting (989) 418-0714 or selecting  
“Going” on the Facebook event!