

Brain Health: What's Fun Got To Do With It?!

Start and sustain healthy brain habits while infusing fun

Discover the fun you can have creating healthy brain habits that stick! Join AARP and attendees from across the U.S. for a free virtual event on Monday, June 27, at 2 p.m. CST.

Learn how to choose a brain health goal and stick with it so you can reduce risks to your brain as you age. What's fun got to do with it? Find out how you can start and sustain healthy brain habits while infusing fun.

You'll hear from Sarah Lenz Lock, Executive Director of the Global Council on Brain Health and Dr. BJ Fogg, Director of the Behavior Design Lab at Stanford University and author of "Tiny Habits."

This event is free to participate, but pre-registration is required to gain access to the event. Registrants will receive a confirmation email and reminder emails with instructions on how to log into the live event.

**Monday, June 27
2 p.m. CST**

**To register, visit:
bit.ly/brainhealth2022**

