

# BUILDING BRAIN-HEALTHY HABITS

**Tuesday, June 23rd, 2026 at 7:00PM**

Franklin Public Library - Fadrow Rm

9151 W Loomis Rd, Franklin, WI 53132

---



A healthy brain is important at all ages. Research shows there are everyday habits that are good for your brain. This presentation will provide you with tips you can use today to help protect your memory and thinking in the future—even reducing your risk of cognitive decline and possibly dementia. You will also learn how to build a personalized action plan for brain-healthy habits.

## **Join us to learn...**

- Why now is the time to build healthy habits
- How you can take positive steps to help you live better
- How to protect your memory and thinking as you get older
- How to build a personalized action plan for brain-healthy habits

**To register call the Franklin Health Department: 414-425-9101**

Program brought to you by:



HEALTH  
DEPARTMENT