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Brain Power Social Hour, Fairfield Library

Date and Time

Weekly on Friday at 9:00am for 7 times

Event URL

<https://henricolibrary.org/calendar>

Event Region

Richmond Area

Event Type

Class - Workshop

RSVP Info

804-501-1930

Event Cost

\$0.00

Event Description

Brain Power Social Hour starts this week Brain Power Social Hour promotes brain health and improves the lives of people affected by Alzheimer's or dementia. The program is designed to increase cognitive stimulation through education, brain games and social activities. The Alzheimer's Association presents an ongoing public program to promote brain health and improve the lives of people affected by Alzheimer's or dementia. Increase cognitive stimulation through education, brain games and social activities. Community members, caregivers and persons living with dementia at all ages and stages are welcome. Sessions are once a week through the End of May 2020. This program will be weekly, Tuesdays, 3-4pm at Glen Allen Library and Fridays, 10-11am at Fairfield Library, through the end of May 2020. The program is free and light refreshments will be served.