



THE SILENT DECLINE OF THE BRAIN WITH DR. G

FEBRUARY 18 | 12:45-1:45PM | DANCE STUDIO

An in-depth seminar exploring how subtle, often unnoticed changes in brain health can impact memory, focus, mood, and overall cognitive performance over time. Learn how to recognize early warning signs, understand the science behind gradual cognitive decline, and discover practical, evidence-based strategies to protect and strengthen brain health at any stage of life.

REGISTER AT THE FRONT DESK



YMCA at Glen Cove
125 Dosoris Lane
Glen Cove, NY 11542

(516) 671-8270
YMCALI.org