



## Virtual Adventures in Learning

We are pleased to welcome back Angela Burrow, certified dementia practitioner and national trainer for another virtual course! ([www.burrowdementiatraining.com](http://www.burrowdementiatraining.com)). Join us

**December 15<sup>th</sup> at 2pm** for a discussion about how the brain ages. Angela will then guide us through best practices to encourage appropriate physical and cognitive exercise, being mindful of your brain and body's connection. It is never too late to make changes, small or large. We can shake up your routine, and even activate the senses to stimulate brain cells to make new connections.

To register, please email [acelek@shepherdscharlotte.org](mailto:acelek@shepherdscharlotte.org) or call The Shepherd's Center (704) 365-1995

- Following registration, you will receive a link to access the course.