

San Diego Public Library: Free Adult Workshop



Brain Health for Adults

Wednesday, May 29, 2024

11:00 AM – 12:00 PM

Valencia Park/Malcolm X Library

You have heard of neuroplasticity, right? No matter what age, profession, or stage in life you are in, learn the top pillars of brain health and best practices to enhance your cognitive, physical, social, and mental wellbeing for optimal functioning.



Brain Balance of Greater San Diego
San Diego | Chula Vista | Encinitas
BrainBalanceSanDiego.com

