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AgeWell Presents:

# Brain Health and Aging

Monday, September 21 • 1 PM

Presented by Josh Woolford, MPH, a research coordinator for the ForAging study at University of Pittsburgh's School of Health and Rehabilitation Sciences. The presentation will cover the topic of brain aging and the changes that result in cognitive aging. The types of cognitive ability and normal versus abnormal changes in the brain will be discussed. ForAging is a research study looking at the effect of Strategy Training on adults over the age of 60 who have cognitive decline and struggle to carry out activities of daily living. For those interested in enrolling, Josh will cover the criteria and benefits of being a participant.

If you are interested in joining:

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For more details, email Maddie Barnes at [mbarnes@jccpgh.org](mailto:mbarnes@jccpgh.org) or call 412-697-1186.



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