

# The Aging Brain

A talk about ways to stay healthy, reduce risk and live well with dementia



October 31, 2023, from 2-3 PM at The Louis T. Graves Memorial Public Library, 18 Maine St., Kennebunkport.

This presentation on the aging brain talks through ways you can stay healthy, reduce risk and live well with dementia.

An overview of “dementia worry” or the anxiety one might have about a dementia diagnosis.

## Speakers:

Grace Simonson, OMS-II, a medical student on the board of the Geriatrics & Palliative Care Club at UNE College of Medicine.

Susan Wehry, MD, board certified geriatric psychiatrist with almost 40 years of experience. Director of AgingME, a Geriatric Workforce Enhancement Program (GWEP) to create a more age-friendly health system.

