

Your Guide to a Healthy Brain: Food, Fun & Fitness

Presented by LIFE Senior Services &
Creek County Literacy Program

Are you interested in keeping
your brain healthy?

Would you like tips and tricks to
maintain a healthy brain?

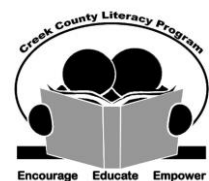
Join us as we explore ways to
keep our brain and body
healthy.

Healthy snacks provided!



Tuesday, January 6 • 5:30pm

This free event is a health literacy outreach project of Creek County Literacy Program, the Oklahoma Department of Libraries, with funding provided by the Library Services and Technology Act (LSTA) and the Institute of Museum and Library Services.



Creek County Literacy Program | Library Annex

15 N Poplar St | Sapulpa, OK 74066 | creekliteracy.org

For more information and to RSVP for this free workshop, call 918-224-9647