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## **Talk: Three Ways to Keep Your Brain Healthy and Potentially Reduce Cognitive Decline**

**Author :** David Gurliacci

**Categories :** [Healthy Living](#), [Seniors](#)

**Tagged as :** [Cognitive Decline 2019](#), [Fairfield County House 2019](#), [Healthy Brain 2019](#), [Sterling Care](#)

**Date :** August 27, 2019

A presentation on "Brain Boost: Three Keys to Keep Your Brain Healthy and Potentially Reduce Cognitive Decline" will be presented on Thursday, Sept. 12 by the director of memory care at Sterling Care.

— *an announcement from Fairfield County House*

Amy B. Burckhard, the presenter is the director of memory care at [Sterling Care](#), a home-care service.

The presentation takes place from 2 to 3:30 p.m. at Fairfield County House, [1 Den Road, Stamford](#) (or look up 427 Roxbury Road, Stamford on your map application).

RSVP SOON by emailing [ExecDtr.fchh@gmail.com](mailto:ExecDtr.fchh@gmail.com) or by calling (203) 921-6405.

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Refreshments will be served.