

# FREE Lunch & Learn

VIRTUAL SERIES | ALL AGES | NOON - 1:00PM



## Healthy Brain

Thursday, June 15

Discover ways to protect your brain health and decrease your chances of getting dementia. It starts with exercising and eating healthy!  
*Register by June 14.*



## Is It Okay to Eat Fish?

Thursday, July 20

Learn how eating fish and shellfish can boost heart health and reduce the risk of developing Alzheimer's disease!  
*Register by July 19.*



## What's the Story on Sushi?

Wednesday, August 23

From restaurants to grocery stores, sushi continues to surge in popularity. Find out the safest ways to consume this global delicacy.  
*Register by August 22.*



SCAN ME

Register today!

[GwinnettExtension.com](https://GwinnettExtension.com)



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