

Healthy Minds & Aging

Gaming & Brain Fitness



Presented by **Dr. Gail Eskes**,
Brain Repair Centre at
Dalhousie University

SPRING GARDEN

Friday, November 22/12 p.m.

Does brain training help make you smarter? Or are videogames harmful? Learn about the myths and realities of keeping your brain fit as you age.

HALIFAX PUBLIC
Libraries

