



# Mark your Calendar!



## Join us for a **FREE** discussion on **Healthy Brain Aging**

You're invited to a conversation about the latest research on Alzheimer's Disease and healthy brain aging. **Cliff Singer, MD, DFAPA, AGSF**, chief, Center for Geriatric Cognitive and Mental Health and a physician at Northern Light Mood and Memory at Acadia Hospital and **Lori Towne, FNP**, Northern Light Primary Care, Dover-Foxcroft, will share information about the differences between normal brain aging and mild cognitive impairment, tips on how to support your own brain health, and information on diagnoses and treatments for Alzheimer's Disease and dementia.

### Saturday, May 17

#### 10 am - Dover-Foxcroft

Northern Light Mayo Hospital, Sebec/Borestone Rooms  
152 East Main Street, Dover-Foxcroft

#### 1 pm - Greenville

Northern Light CA Dean Hospital, Forrest Whitman Board Room  
364 Pritham Avenue, Greenville



**Cliff Singer, MD**  
Northern Light Health



**Lori Towne, FNP**  
Northern Light Health



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