



Better Brain Health Is Life Changing

We all know the importance of physical, mental, social, and emotional wellness. But do you know having a healthy brain improves your mood and decreases the likelihood of having illnesses that threaten your quality of life?

Knowing how exercise, good nutrition, adequate sleep, socialization, and mental stimulation affect brain health is important. Having this knowledge and encouragement helps us to plan and to incorporate these building blocks into our daily schedule.

Programs exist in your community to support you in creating goals that impact on your life and boost your brain health.

Our staff can help you put healthy steps into your life today with our research-based Brain Health program. One call to us will put you on the path to better Brain Health!

Join Our Free Program Today

The Aroostook Agency on Aging has services, resources and answers for many of your needs. Staff are available to assist older adults to remain independent and live safely in their own homes. If you have questions, we are here to listen and help. Together, we will find the answers.



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