



Could your Brain Use more Wellness?

Bykota and Pikesville Senior Centers are partnering to
bring you an amazing

Wellness Retreat focusing on Brain Health

which will be held on

Tuesday, September 6 from 9 a.m. to 4 p.m. at

The Pearlstone Retreat Center in Reisterstown.

We have an exciting day planned for you including—

Keynote Speaker - Dr. Jason Brandt, PhD on Brain Fitness

Closing Speakers - Afsaneh Faridi, MA, BFA and Dr. Hamed Faridi, PhD

Sessions will include Aromatherapy & The Brain, Healthy Sex, Physical

Therapy, Meditation, Brain Health & Fitness, Financial Planning for

Cognitive Decline and more. You will also enjoy a delicious breakfast and

lunch in addition to enjoying The Pearlstone Farm.

Cost is \$40 for the day or \$60 with transportation from Pikesville

to Pearlstone. Sign up and pay at the travel desk.