



# Cognitive Fitness

with Casey Gabriel from Kessler Rehabilitation Center

Cognitive fitness is exercise for your brain. Cognitive fitness includes lifestyle changes, including challenging your brain in ways that promote healthy aging. Casey Gabriel is a Speech-Language Pathologist at Kessler Rehabilitation in Flemington. She works with people with a variety of neurological disorders. She holds a Certificate in Clinical Competency and is certified in Lee Silverman Voice Treatment for Parkinson's and Vital-Stim for swallowing disorders.

**Tuesday, April 4 at 2:00 pm at North County Branch**

This program is free and open to the public.

**Due to the popularity of our programs, we recommend reserving a seat.  
Please call (908) 788-1434 or click on the Calendar of Events at [www.hclibrary.us](http://www.hclibrary.us)**

Reservations are necessary in the event the program is cancelled. Vacant seats will be released 5 minutes prior to the start of the program.

It is the policy of the Hunterdon County Library to provide reasonable accommodations for persons with disabilities with advance notification of need. Please call (908) 788-1434. Without advance reservations, it may not be possible to provide accommodations. 2/17