



HOSTED BY TEEN COURT

TAUGHT BY ANGELA DEAL



Healthy Living for Your Brain & Body

Discover how small, everyday choices can significantly impact your long-term cognitive health. Grounded in the latest scientific research, this interactive class explores the vital connection between physical wellness and mental vitality. Join us to learn practical, evidence-based strategies for diet, exercise, cognitive engagement, and social connection to help you age well and stay sharp.

CLASS DETAILS

Date: Tuesday, October 06, 2026

Time: 6:00pm-7:15pm

Location: CCSO Headquarters Building
6915 Crain Highway, La Plata, MD 20646



Limited seating is available, to register contact:
Sarah Vaughan, Teen Court Coordinator
301-609-3916 or vaughans@ccso.us

Teen Court Classes are provided for the enrichment and educational benefit of the youth in our community and are offered at no cost to participants. Any youth attending these classes must be accompanied by a parent or guardian.