

JOHN MEDINA



brain
rules
for
aging well

10 Principles for Staying Vital,
Happy, and Sharp

Monday, November 27, 7pm
Redmond Library



Photo by Carl Bower

How come I can never find my keys? Why don't I sleep as well as I used to? What can I do to keep my brain sharp? Join us as *New York Times* best-selling author of ***Brain Rules***, developmental molecular biologist and much-loved speaker, Dr. John Medina, gives you the facts—and the prescription to age well—in his signature engaging style.

Books available for signing and purchase.

Reasonable accommodation for individuals with disabilities is available; please contact the library prior to the event if you require accommodation.

Redmond Library • 15990 NE 85th Street • Redmond, WA 98052 • 425.885.1861
Monday-Thursday, 10am-9pm • Friday, 10am-6pm • Saturday, 10am-5pm • Sunday, Noon-8pm
kcls.org/redmond • facebook.com/RedmondLibrary

