

The Cabaret of  
Dangerous Ideas

# The 12 Days of Christmas: Santa's brain health edition

Free Event



# Fully Booked

Staying sharp as you age is easy...  
just "do this one simple thing"!

But what if there isn't just 'one  
simple thing' but dozens or even  
hundreds of things we need to do?  
Sounds like hard work! Join  
**Professor Alan Gow (Heriot-Watt  
University)** to explore what we know  
about how our thinking skills change  
as we age, and how lots of things  
affecting that might actually give us  
hope for keeping sharp as we age.

West Lothian Libraries. This  
event is courtesy of The  
Cabaret of Dangerous Ideas.



**18th December 2023**



**3:30-4:30pm**



**Whitburn  
Partnership Centre**

**Booking is essential via:  
01506 284888, email:  
[whitburn.lib@westlothian.  
gov.uk](mailto:whitburn.lib@westlothian.gov.uk) or in person**