**GRC Fitness Center Hosts: July Wellness Connection Presentation – Brain Health**

**Date:** Wednesday, July 23, 2025

**Time:** 12:30 PM - 1:00 PM ET

**Speaker:** Heidi Mazzella

**POC:** Heather Mueller (heather.r.mueller@nasa.gov)

Join GRC’s Fitness Center on Wednesday, July 23, for their July Wellness Connection! Nurse Practitioner Heidi Mazzella will share tips on boosting brain health and why it matters. Contact Heather Mueller (heather.r.mueller@nasa.gov) with any questions!

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