

HEALTHY LIVING FOR YOUR BRAIN AND BODY

FROM THE LATEST RESEARCH

An education program presented by the Alzheimer's Association®



At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. This workshop covers four areas of lifestyle habits associated with healthy aging: Cognitive activity, exercise, diet/nutrition and social engagement. In each area, we will discuss what we know, drawing on current research, as well as what we can do — steps to take now to improve or maintain overall health in each area.



Join us for a free
in-person program

Thursday, Nov. 11
6:30-8 p.m.

Lutheran Care Center
965 Dutchess Tpke.
Poughkeepsie

To register, email reception@tlcn.org
or call 845.486.9494 ext. 0
Refreshments will be served

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