For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Tuesday, January 9 | 2:00pm EDT
Clarence Public Library
3 Town Pl
Clarence, 14031


Visit alz.org/CRF to explore additional education programs in your area.