

HEALTHY LIVING FOR YOUR BRAIN AND BODY

TIPS FROM THE LATEST RESEARCH

An education program presented by the Alzheimer's Association®



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.

Monday, July 11 | 11:00am EDT

Lancaster Public Library
5466 Broadway
Lancaster, 14086

Registration is required. Visit <https://tinyurl.com/HLFYBBL> or call 800.272.3900 to register.

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