BUILDING BRAIN-HEALTHY HABITS

An education program presented by the Alzheimer's Association®



TIPS TO BUILD HEALTHY HABITS AND HELP PROTECT YOUR BRAIN

Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older – even reducing your risk of cognitive decline and possibly dementia.

Join us to learn about:

- Healthy habits for your brain, like exercising and eating right.
- The brain-heart connection.
- Why brain health is important at all ages.
- Building your personalized action plan for brain-healthy habits.

Wednesday, November 18
2:00 - 3:00 p.m.

This is a virtual program presentation. Contact pachav@elder-network.org or call 507-285-5272 for Zoom link.

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

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