



HEALTHY LIVING FOR YOUR BRAIN AND BODY

Tips from the Latest Research

The Alzheimer's Association will be presenting at our dining sites during the month of February.

Wednesday, February 4th; noon-1:00pm

Harris Courts Apartments

14168 Church Street

Harrisville, NY 13648

Wednesday, February 18th; noon-1:00pm

Steepleview Court Apartments

6926 George Street

Croghan, NY 13327

Wednesday, February 25th; noon-1:00pm

Double Play Community Center

6912 Bardo Road

Lowville, NY 13367

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.



To register, please visit
<https://bit.ly/48T6Qjn>;
or call 800-272-3900

