

HEALTHY LIVING FOR YOUR BRAIN AND BODY

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.

**Wednesday, February 15, 2023
10-11 a.m.**

**The HUB – Alliance on Aging
236 Monterey Street
Salinas, CA 93901**

**Please call Jody Rogers, Alliance on Aging
to register: (831) 646-4931. Bus passes
and taxi vouchers available, just ask when
you call to register.**

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