

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.

Friday, October 2nd

11 am - 12 pm PST

**North Valley Family YMCA
11336 Corbin Ave.
Porter Ranch, CA 91326**

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



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**COMMUNITY
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