

Healthy Living for Your Brain:

Tips from the Latest Research

With Julia Szprygada, LMSW, Director of Education and Training, Alzheimer's Association

Monday, October 30th, 2017
from 10:00 AM to 11:00 AM



Join us for an insightful discussion about living a healthier life for your brain and body. Conducted by the Alzheimer's Association, you will be provided with the most current research and practical information on ways to age well.



The workshop is organized to provide information about current research and practical strategies in the following four areas:

- Cognitive Activity
- Physical Health and Exercise
- Diet and Nutrition
- Social Engagement



Hurry and sign up for this very informative and important workshop today!