

# ASK the Expert

a dementia-focused  
educational  
series for  
caregivers

**Tuesday,  
April 24  
3:30 - 5:00 PM**

## topic

# Healthy Living For The Brain

## presented by

The Richmond 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 to make lifestyle choices that 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.

**alzheimer's**   
**association™**



## Dunlop House

Assisted Living & Memory Care

For more information or to schedule  
a visit of our community, contact  
Dunlop House at 804-520-0050.

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