

HEALTHY LIVING FOR YOUR BRAIN AND BODY

FROM THE LATEST RESEARCH

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.

Hosted by



alzheimer's  association®

California Southland Chapter

**Wednesday, February 12th
12:30-1:30 PM PST
In-Person
ONEgeneration Senior Enrichment
Center
18255 Victory Blvd. Reseda, CA 91335**

**For more information, please call
818-705-2345.**