



**Alzheimer's**  
**MISSISSIPPI**

*present:*

# *Nourish Your Noggin*

**A Free Educational Workshop Series Promoting Brain Health.**

**Days:** 1st Tuesday of every month  
February-June 2017 & 2nd

Tuesday in July 2017

**Time:** 10:00a.m.-10:45a.m.

**Place:** Humana  
2650 Beach Blvd., Suite 31A  
Biloxi, MS 39531

**Cost:** FREE!

**RSVP:** 228.236.7211 or [kmoran@alzms.org](mailto:kmoran@alzms.org)

Join us for an educational series promoting the importance of understanding how to keep our brains healthy as we age.

Various speakers will present thought-provoking information on changing the way we think about brain health. The latest research and information on brain health is covered along with practical strategies for keeping our brains healthy as we age.

As the series progresses, we will learn what is normal age-related memory loss, warning signs for dementia, diagnosing someone with dementia and coping strategies for caregivers.

## **Series Topics**

### **February 7th - Fuel Your Brain**

Learn how to nourish your noggin with foods to help maintain a healthy brain presented by a Registered Dietitian

### **March 7th - Physical Wellness**

Learn how developing good physical health can help your overall life-style-including benefits of exercise.

### **April 4th - Know the Signs**

Understand the 10 signs of Alzheimer's and the difference between normal age-related memory loss and warning signs for something more serious.

### **May 2nd - Getting a Diagnosis**

A physician will explain steps in getting a diagnosis for dementia and an overview of Alzheimer's.

### **June 6th - Legal & Financial Planning**

Understand the steps to getting legal, financial and future care plans put in place.

### **July 11th - Coping and Caregiving**

Develop coping techniques for being a caregiver and tips to reduce caregiver stress.