



ST.
CATHERINE'S
VILLAGE

&

Alzheimer's | MISSISSIPPI

present:

Nourish Your Noggin

A Free Educational Workshop Series Promoting Brain Health.

Days: 3rd Thursday of every month
February-July 2017

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

Place: St. Catherine's Village
Independent Activity Center
200 Dominican Drive
Madison, MS 39110

Cost: FREE!

RSVP: 601.987.0020 or info@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 16th - Know the Signs

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

March 16th - Brain Health

Learn how good nutrition and keeping the brain active can improve your brain health

April 20th - Exercise

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

May 18—Emotional & Spiritual Wellness

Learn the importance of enjoying moments in life and ways to reduce our stress levels.

June 15th— Legal/Financial Wellness

An overview of important legal/financial decisions that we all need to consider as we age.

July 20th- Coping and Caregiving

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