

# Amberley Village Presents: Health and Safety Education Series

## Session 1: Healthy Living for Your Brain and Body + Introduction to the Senior Safety Program

Wednesday, March 26

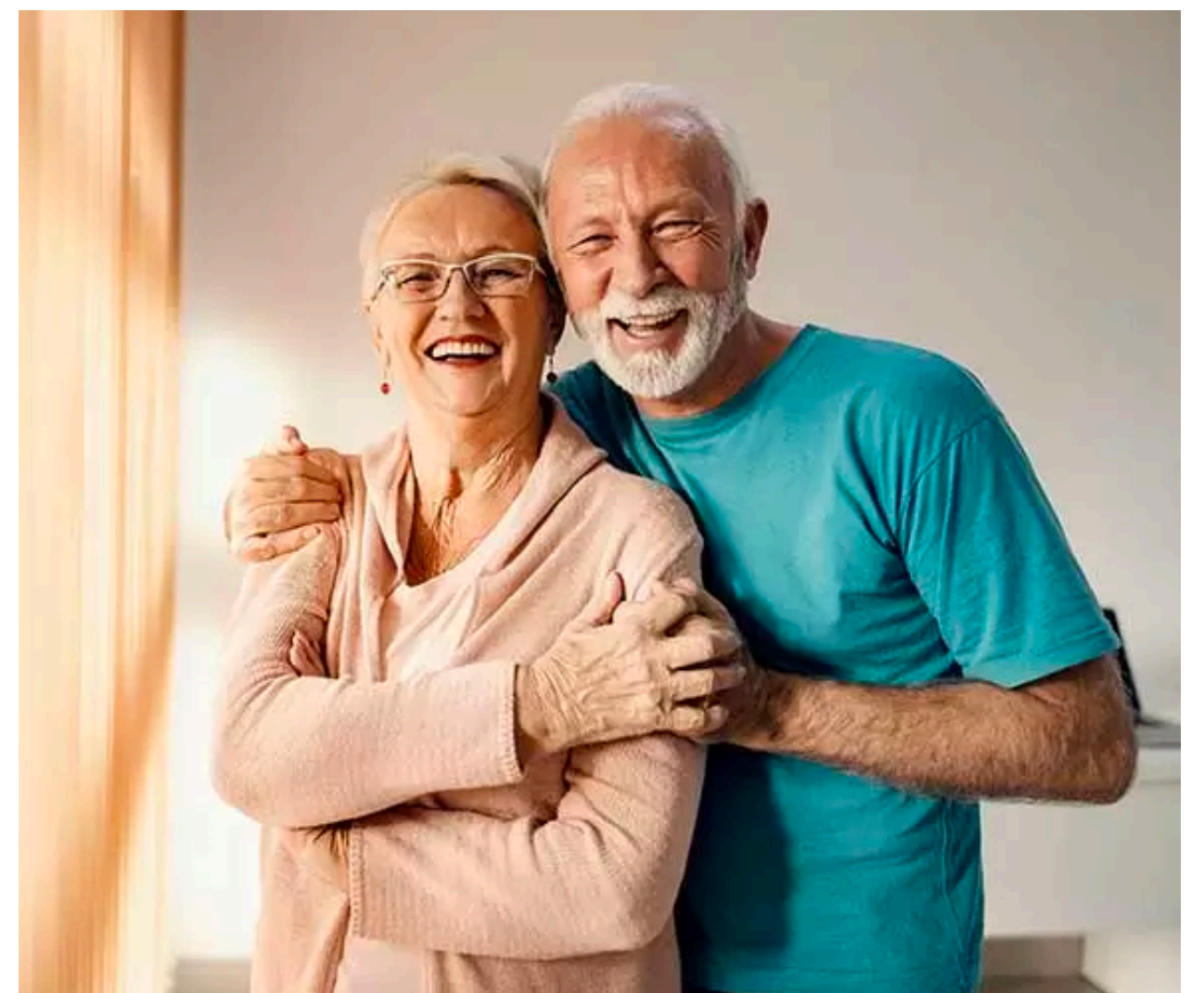
6:00-7:30 PM

Amberley Village Municipal Building  
Community Room

7149 Ridge Road, Cincinnati, OH 45237

Join us for insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and discover tools to help you incorporate these recommendations into a plan for healthy aging.

We'll review the details of the Senior Safety Program and share resources available in your community.



[CLICK HERE](#) to register