

# HEALTHY BRAIN AGING



**Wednesday, 10:30 am  
January 22, 2020**



Recent research suggests there are steps we can take to improve brain health to possibly delay or prevent memory and thinking problems as we age. These steps are not difficult!

Join CLC Director of Learning Estelle Schneider for an interactive session. Learn about the latest evidence on modifiable lifestyle choices that can support your aging brain in these areas:

- nutrition
- exercise
- stress
- sleep
- social engagement
- ongoing learning
- chronic illness management

Education and knowledge can help us change behavior, especially when done together with our community!

***Light refreshments provided.***



**Estelle Schneider** is the CLC Director of Community Learning and Empowerment. She is a physical therapist and holistic health educator. She is looking forward to getting to know all the neighborhood networks!!



**Meet at  
St. Finn Barr's  
Catholic  
Church**  
415 Edna  
Street,  
San Francisco  
CA 94112

**For more information** email Estelle Schneider  
[estelle@sfcommunityliving.org](mailto:estelle@sfcommunityliving.org)



*Cultivating connections to help seniors and people with disabilities age and thrive at home*  
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