

HEALTHY BRAIN AGING



**Thursday, 2:45–3:45 p.m.
March 12, 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:

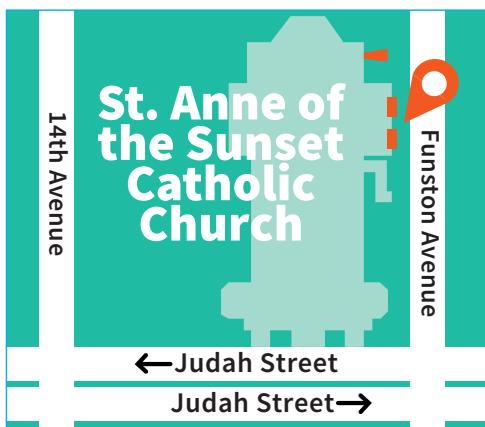
- nutrition
- exercise
- stress
- sleep
- social engagement
- ongoing learning
- chronic illness management

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. Anne of
the Sunset
Catholic Church**

850 Judah St., SF

Community Hall entrance on Funston side. Disability ramp to right of entry doors before playground.



Cultivating connections to help seniors and people with disabilities age and thrive at home
www.SFcommunityliving.org

Contact: Marina Lazzara
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