HEALTHY LIVING FOR THE BRAIN AND BODY

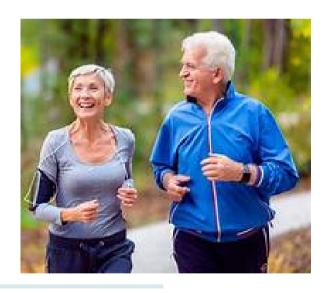
ALZHEIMER'S'
ASSOCIATION

EDUCATION AND TRAINING PROGRAMS

Monday, January 6th 7pm on Zoom

VIRTUAL PROGRAM

At any age, there are lifestyle
habits we can adopt to
help maintain or even potentially
improve our health, including
keeping our brains healthy and
reduce risk of cognitive decline.
This workshop covers four areas
associated with healthy aging
and drawing on the latest research,
explores steps to take to
improve or maintain overall health
in each area.



HOSTED BY THE FOLLOWING LIBRARIES:

Bedford Free Library
Bedford Hills Free Library
Lewisboro Library
Pound Ridge Library
Ruth Keeler Memorial Library

REGISTRATION IS REQUIRED!