

HEALTHY LIVING FOR YOUR BRAIN AND BODY

TIPS FROM THE LATEST RESEARCH

An education program presented by the Alzheimer's Association®



For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**Thursday, May 19
12:00 p.m. - 1:00 p.m.**

**Ionia County Commission on Aging
115 Hudson St.
Ionia, MI 48846**

Please RSVP with Rachel Yenchar at ryenchar@ioniacounty.org and/or 616-330-4432.

A meal will be provided. We can't wait to see you there!

Visit alz.org/CRF to explore additional education programs in your area.