

Healthy Living for Your Brain and Body: Tips from the Latest Research

An education program by the Alzheimer's Association



Led by volunteer community educator Wayne Crandall

MONDAY, NOVEMBER 4
2:30-4:00 PM

Mayo Healthcare
The Residential Care Library
610 Water Street
Northfield, VT 05663

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 to make lifestyle choices that 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.

Registration is requested for this FREE workshop. Please call Vicki at 802.485-3161 to register.