

healthy living for your brain and body

tips from the latest research



an education program 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 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. Participants will also learn tips and strategies for improving memory, and offer guidance on maintaining a brain-healthy lifestyle.

Wednesday, June 27, 2018

1:30 pm to 3:30 pm

**Collabria Care
414 S. Jefferson Street
Napa**

*The program is free and registration is requested.
Please call 800.272.3900 to register.*

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