

HEALTHY LIVING FOR YOUR BRAIN & BODY

An education program presented by the Alzheimer's Association®



SCIENCE-BASED RECOMMENDATIONS FOR YOUR BRAIN AND BODY

Based on the evolving science of risk reduction and lifestyle changes, this program will give healthy decision-making strategies in the following areas:

- Sleep
- Smoking
- Mental health
- Physical activity
- Balanced nutrition
- Cognitive engagement
- Social engagement

LUNCH and LEARN

Tuesday, August 1
11:00 AM-1:00 PM

NC Cooperative Extension
258 Carolina Lane
Marshall, NC 28753

TO REGISTER:
800.272.3900 or
tinyurl.com/BRhealthyliving

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