

BUILDING BRAIN-HEALTHY HABITS

An education program presented by the Alzheimer's Association®



TIPS TO BUILD HEALTHY HABITS AND HELP PROTECT YOUR BRAIN

Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older – even reducing your risk of cognitive decline and possibly dementia.

Join us to learn about:

- » Healthy habits for your brain, like exercising and eating right.
- » The brain-heart connection.
- » Why brain health is important at all ages.
- » Building your personalized action plan for brain-healthy habits.

Dr. Mark Dranias PhD
Cognitive Neuroscientist

Thursday, March 19
3:00 p.m. - 4:00 p.m.

Learning Lab
Henderson County Public Library
301 N Washington Street
Hendersonville, NC 28739

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