



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.

Wednesday, October 17 | 10 – 11 a.m.

Laclede Groves Senior Living Community

723 S Laclede Station Rd. | St. Louis, MO 63119

**This free workshop is offered in partnership with
Shepherd's Center.**

Registration is requested | Please call 314.395.0988

