

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.

Tuesday, Jan. 8, 2019

2 p.m.

Hayden Public Library

8385 N. Government Way, Hayden, ID 83835

Free and open to the public

Reservations appreciated: 800.272.3900; Walk-ins welcome

For more information call 208.666.2996