

Healthy Living for Your Brain and Body: Tips from the Latest Research

An education program presented 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. 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.

In partnership with Aging and Adult Care of CW



Tuesday August 28, 2022

11:00am—12:30 p.m.

Virtual Program, Video or call-in

Click for

[Zoom registration link](#)

OR contact Alexis Bonoff at

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for manual registration or for more
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