

# HEALTHY LIVING FOR YOUR BRAIN & BODY



Join Carolyn Ferris from the Alzheimer's Association for a free presentation on **Healthy Living for Your Brain and Body** in the Jam-boree Room. Health of brain and body are connected. Re-

search provides insights into how to optimize our physical and cognitive health as we age. This program provides recommendations on diet and nutrition, exercise, cognitive activity, and social engagement for promoting healthy aging.

**Wednesday, Oct 30 @ 10:30 AM**

*Register at Welcome Center or call 423.1734*

**alz.org**<sup>®</sup> | alzheimer's  association<sup>®</sup>



3907 Central Ave, Middletown, OH 45044 / 513.423.1734

[info@centralconnections.org](mailto:info@centralconnections.org)