

# BUILDING BRAIN-HEALTHY HABITS

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 lifestyle choices 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. We'll provide hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**Wednesday, August 19  
12:45pm**

**Grand Island  
Golden Age Center  
3278 Whitehaven Rd.**

Register at  
[bit.ly/AlzGrandIslandAug26](https://bit.ly/AlzGrandIslandAug26), by calling  
the 24/7 helpline at 800.272.3900 or  
by calling the Golden Age Center.

Visit [alz.org/CRF](https://alz.org/CRF) to explore additional caregiver education programs in your area.



Western New York Chapter