

FREE ALZHEIMER'S AWARENESS CLASS

Healthy Living for Your Brain & Body!

There are lifestyle habits you can adopt now that will help you maintain or even improve your health. These habits may also help to keep your brain healthy as you age and possibly delay the onset of cognitive decline. This FREE workshop covers four areas of lifestyle habits that are associated with healthy aging:

- Cognitive Activity
- Physical Health & Exercise
- Diet & Nutrition
- Social Engagement

Representatives from the Alzheimer's Association will be on hand to share the latest research, take your questions, and discuss steps you can take to improve or maintain your overall health.

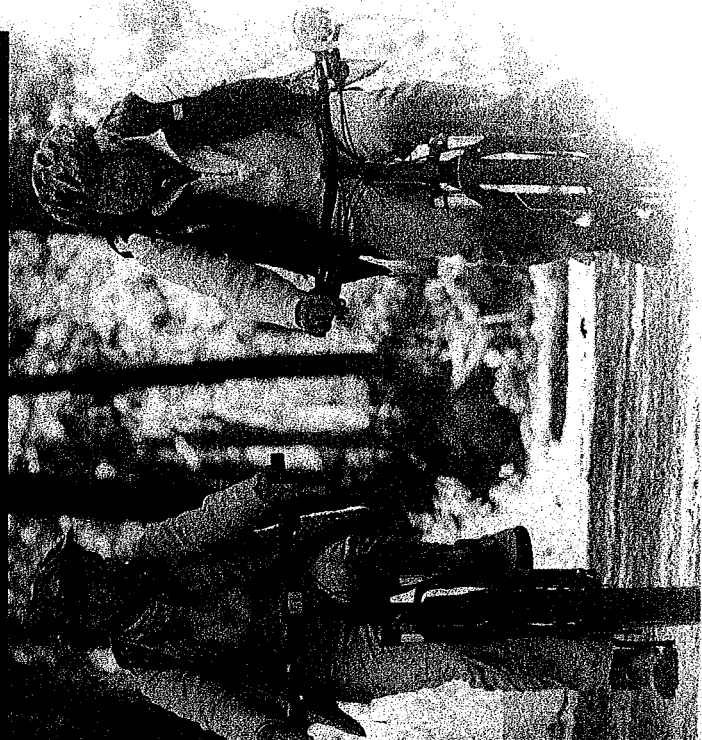
WEDNESDAY, JUNE 27

6:00 - 7:30 PM

The Golden Age Center
3278 Whitehaven Road
Grand Island 14072

FOR MORE INFO, CONTACT:

Senator
Chris Jacobs
(716) 854-8700
jacobs@nyassembly.gov





213
Building
02

Senator

CHRIS JACOBS

Assemblyman

ROBERTO MORINELLO

host

Healthy Living for Your Brain & Body!

FREE ALZHEIMER'S AWARENESS CLASS

WEDNESDAY, JUNE 27

6:00 - 7:30 PM

**THE GOLDEN AGE CENTER
AND ISLAND**

PRESTO
U.S. POSTAGE
PAID
NEW YORK SENATE