BUILDING BRAIN-HEALTHY HABITS

An education program presented by the Alzheimer's Association

This program is supported, in part, by a grant from the New York State Department of Health

Thursday, April 23 • 2-2:30 pm

Guernsey Memorial Library · 3 Court St., Norwich, NY 13815

To register, please visit https://bit.ly/46iO17o or call 800.272.3900

TIPS TO BUILD HEALTHY HABITS AND HELP PROTECT YOUR BRAIN

Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older - even reducing your risk of cognitive decline and possibly dementia.

Join us to learn about:

» Healthy habits for your brain, like exercising and eating right.
» The brain-heart connection.
» Why brain health is important at all ages.
» Building your personalized action plan for brain-healthy habits.

*Visit **alz.org/CRF** to explore additional education programs in your area.*

alzheimer's association®

Guernsey Memorial Library

3 Court Street, Norwich, N.Y. • 607-334-4034
www.guernseymemoriallibrary.org • guernsey@4cls.org

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