

Your Mind Matters

Join us for our free health education program series

June 13th, 2024

9:30 am - 12:00 pm

Kearney Public Library, South Platte Room

Light breakfast included!

Healthy Living for Your Brain & Body



Sadie Hinkel, Program Director, Alzheimer's Association - Nebraska Chapter

Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement while using hands-on tools to help incorporate these recommendations into a plan for healthy aging.

Mindfulness & Movement



Anne Johnson, Healthy Living Coordinator, YMCA

Mindfulness and movement are critical components to healthy aging. Join Anne Johnson as she shares the importance of using and training Big Muscles while also discussing the importance of using Smaller (forgotten) Muscles. You will learn how to incorporate your mind in your exercises to emphasize a mind-body connection.

Self-Care for Resiliency



Grace Manley, Nebraska Area Director, AFSP

Self-care is a crucial part of mental health for all ages. Join Grace Manley, Nebraska Area Director for the American Foundation for Suicide Prevention, to learn more about how we can prioritize caring for ourselves during life's highs and lows. You will leave the session with a refreshed perspective and tangible takeaways to get started on your self-care journey.

Registration is free but required.
[Register here](#), scan the QR code, or
contact Sadie Hinkel at
sshinkel@alz.org or 402-739-8637.

