



CENTRAL ILLINOIS CHAPTER

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Media Release

September 16, 2011
For Immediate Release

Alzheimer's Association to Present New Brain Program for Middle Aged Individuals and Healthy Seniors

The Alzheimer's Association - Central Illinois Chapter is looking for individuals in their 40's and older and healthy seniors to participate in a new healthy aging program, "Train Your Brain," to begin Oct. 6th.

The six-week program will meet **Thursdays, Oct. 6th – Nov. 10th, from 6:00 – 7:30 p.m., at the Quincy Senior and Family Senior, 639 York Street, Quincy.**

"We now know there's a lot you can do to help keep your brain healthier as you age," said Quincy Area Branch Manager Breeana Hill. "We have developed this program as part of our mission to reduce the risk of dementia through the promotion of brain health. These steps might also reduce your risk of Alzheimer's disease or another dementia."

Each week will feature a brain related topic and a guest speaker. They are:

Week One: Now What Was I Saying? A public health and education program that teaches participants steps they can take now to make brain health one of the overall goals of the healthy aging process. Presented by the Alzheimer's Association.

Week Two: How Diet Affects the Brain, presented by Lucy Crain, Registered Dietician, Quincy Medical Group.

Week Three: Techniques to Manage Stress, presented by Irving Schwartz, M.D., Cardiology, Blessing Physician Services.

Week Four: The Healthy Benefits of Tea, presented by Susan Asher, Thyme-Out Tea Parties.

Week Five: Exercising to Keep the Brain Alert, presented by Dixie Kindred, Tai Chi Instructor.

Week Six: Importance of Socialization, presented by David Gabbert, Aquatics Director, Quincy YMCA and Graduation Party!

Cost for the program is \$30 per person. Participants will receive a tote bag, brain puzzle book, handouts for each session and a certificate upon program completion. Registration is required by calling 228.1111.

The Alzheimer's Association provides programs and services to caregivers and those with memory loss problems. Core programs include information and referral, care consultations, education, support groups, and safety services. Disease, caregiver and support information can be found by visiting www.alz.org/illinoiscentral.

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