



the compassion to care, the leadership to conquer

FOR IMMEDIATE RELEASE

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FREE COMMUNITY PROGRAM TEACHES WAYS TO MAINTAIN THE BRAIN

WEST LAFAYETTE, IN —The Alzheimer's Association of Greater Indiana will host *Maintain Your Brain*, a free education program that will feature information on a variety of ways to maintain good brain and body health. The program will be held on Sept. 16 from 6:30 to 7:30 p.m. at Northview Christian Life Church, 1210 Montgomery St

Maintain Your Brain is about living a brain healthy lifestyle. Mounting evidence suggests that we can manage certain risk factors and maintain optimal brain functions. Just as we can take steps to maintain a healthy heart, we can manage certain risk factors to maintain a healthy brain. This workshop will cover specific things you can do to maintain your brain.

The program is free. Since seating is limited, reservations are encouraged. To reserve your space or for additional information, please call the Alzheimer's Association Helpline at 800.272.3900.

Today, approximately 5.3 million Americans have Alzheimer's disease, including 120,000 Hoosiers. Every 70 seconds, someone develops Alzheimer's disease, making Alzheimer's disease the 6th leading cause of death. The direct and indirect costs of Alzheimer's disease and other dementia amount to more than \$148 billion annually.

The Alzheimer's Association is the world leader in Alzheimer's research and support. Having awarded more than \$150 million to nearly 1,300 research projects, the Alzheimer's Association is the largest private funder of Alzheimer research. The Association's vision is a world without Alzheimer's disease. For more information about Alzheimer's disease, call 800.272.3900 or visit www.alz.org/indiana.

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