

To change the way Americans think  
about brain health

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# maintain your brain:

## how to live a brain healthy lifestyle

**Maintain Your Brain: How to live a brain healthy lifestyle** is a workshop that explains what brain health is, the benefits of living a brain healthy lifestyle, and how these choices may reduce one's risk of developing memory problems.

This workshop is broken down into three main sub-topics, (the brain, the body and the person) and covers in detail why these three components are vital to brain health. Practical tips will be provided that participants can use in their every day lives with the goal of keeping their brains as healthy as possible.

**Participants will learn:**

- The basics of brain health
- The benefits of keeping your brain healthy
- The research supporting theories of brain health
- How to improve the way our brains work and extend our quality of life

**Complimentary Joint Program of:**

**Alzheimer's Association & Healthy U Delmarva**  
"Brain Healthy Refreshments" included

**RSVP requested**

**Contact Amy Schine, Education Consultant, at  
410.749.4940 to register.**

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**Location:**

**Trinity UMC**  
**Jackson Memorial Building**  
Corner of N. Division Street & Route 50,  
Salisbury

**Date /Time:**

Thursday February 5, 2009  
6 p.m.—7:30 p.m.

**Presented by: Healthy U Delmarva  
&**

alzheimer's  association™

the compassion to care, the leadership to conquer