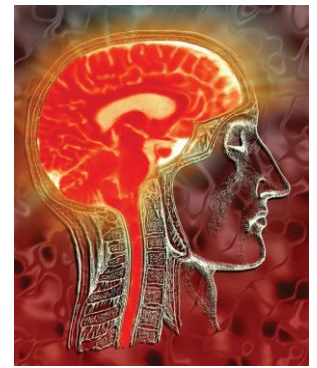


power your memory



When people think about staying fit, they generally think from the neck down. But the health of your brain plays a critical role in almost everything you do – thinking, feeling, remembering, working, playing – and even sleeping.

The good news is that emerging evidence suggests there are steps you can take to help keep your brain healthier as you age. These steps might also reduce your risk of Alzheimer's disease or other dementias.

Attend one of our five Power Your Memory classes to learn about general memory wellness, brain-healthy nutrition, how to keep your brain active, how to decode research studies and much more. All classes are held at the Alzheimer's Association, WNY Chapter's office located at 2805 Wehrle Drive, Suite 6 in Williamsville. Each class is \$10 per person. Please reserve your spot at least two days before the class by calling the chapter office at 716.626.0600 or 1.800.272.3900.

Introduction to Memory Wellness

Does exercise lower my risk for memory loss? How can I protect myself? This program will answer these questions and provide a general memory health overview that provides you with the information necessary to be proactive when it comes to keeping your memory healthy.

January 11, 2011 | 12 – 1:30 p.m.

April 12, 2011 | 6 – 7:30 p.m.

July 12, 2011 | 12 – 1:30 p.m.

October 11, 2011 | 6 – 7:30 p.m.

Food for Thought

Can diet affect memory health? Some research shows that there may be a connection between certain dietary habits and a decreased risk of memory loss. We will explore this connection and empower you to find ways to provide better fuel for your mind.

February 8, 2011

6 – 7:30 p.m.

August 9, 2011

12 – 1:30 p.m.

Memory Tips

Do mental exercises really improve your memory? If you would like some suggestions on how to help you remember better, this program is what you are looking for. Learn what works to strengthen your brain and explore different techniques to improve your memory.

March 8, 2011

12 – 1:30 p.m.

September 13, 2011

6 – 7:30 p.m.

What Research Suggests

Mark Twain said, "Be careful about reading health books. You may die of a misprint." In this session, you will be given the tools you need to be able to distinguish the good information from the misinformation. We will also discuss the findings of some of the most recent research articles about memory health.

May 10, 2011

12 – 1:30 p.m.

November 15, 2011

6 – 7:30 p.m.

Anatomy of a Memory

Creating memories is a complex process. This program will help you trace the path of a memory in the brain and gain a better understanding of how this complex process works. By learning some of the major functions of your brain and how these relate to memory, you will gain a better understanding how your brain communicates.

June 14, 2011

6 – 7:30 p.m.

December 13, 2011

12 – 1:30 p.m.

alzheimer's  association®

2805 Wehrle Drive, Suite 6, Williamsville, NY 14221 | 716.626.0600 or 1.800.272.3900 | www.alz.org/wny