



## ALZHEIMER'S & DEMENTIA EDUCATION SERIES

### UNDERSTANDING ALZHEIMER'S

**Tuesday, September 9**  
10:00 a.m.

Learn the basics of Alzheimer's disease, current research & treatments and available Alzheimer's Association resources.

### HEALTHY LIVING

**Thursday, November 6**  
10:00 a.m.

Learn about diet & nutrition, exercise, cognitive activity and social engagement, and how to develop a plan for healthy aging.

### LOCATION

**Houston Texans  
YMCA**

5202 Griggs Rd, Houston, TX 77021

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### RSVP

Contact: [mkmuna@alz.org](mailto:mkmuna@alz.org) or  
[sheryl.smith@ymcahouston.org](mailto:sheryl.smith@ymcahouston.org)