

Healthy Living for your Brain & Body

An education program presented by the Alzheimer's Association



At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline.

Join us to learn more about:

- Tips from the Latest research program
- Cognitive activity
- Physical health and exercise
- Diet and nutrition
- Social engagement

Tuesday, April 16, 2024

1:00 - 2:00pm

Kenai Senior Center

361 Senior Ct.

Kenai, AK

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In partnership with

**The Kenai Peninsula Family Caregiver
Support Program**



Presented by Cindy Harris, Alzheimer's Association Board Member & Volunteer.

For more information call 208.666.2996