

# HEALTHY LIVING FOR YOUR BRAIN AND BODY

## TIPS FROM THE LATEST RESEARCH

An education program presented by the Alzheimer's Association®



For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Hosted by



**Thursday, November 18  
12:00**

**The Brunswick Center at Shallotte  
3620 Express Drive  
Shallotte**

**Register with front desk or at [tinyurl.com/alzshallotte](https://tinyurl.com/alzshallotte)**

**Attendees must wear a mask + social distance;  
contact Brooke @ [bbvallely@alz.org](mailto:bbvallely@alz.org)**

Visit [alz.org/CRF](https://alz.org/CRF) to explore additional education programs in your area.

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