



# HEALTHY LIVING FOR YOUR BRAIN AND BODY

Tuesday, June 20, 3:00 p.m.  
North Branch Library

## 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 brain and body health are connected. Now, science provides insights into how lifestyle choices may help keep your brain and body healthy as you age.

Join us to learn about research in the area 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.

Tuesday, June 20  
3:00 p.m. - 4:00 p.m.

North Branch Library  
211 Cross Rd.  
Dartmouth, MA 02747

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

alzheimer's  association®

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