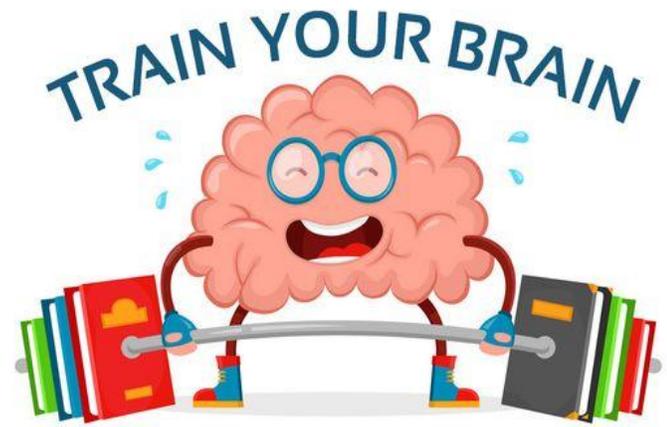


Building Brain Healthy Habits



When: March 24th ~ 11:00 a.m.

Where: Harvey Armory, 120 8th St. W., Harvey

Who: Anyone interested in brain health

*(Following the Forever Fit class offered Tuesdays and Thursdays from 10-11 by
Wells County District Health Unit)*

Research shows there are everyday habits you can build today to help protect your memory and thinking in the future – even reducing your risk of cognitive decline and possibly dementia. Changing one habit has a ripple effect on others. Even small actions add up to big improvements.

In this program you will:

- Learn about healthy habits for your brain, like exercising and eating right.
- Hear why brain health is important at all ages.

Now is the time to build healthy habits. Join us to learn how you can take positive steps to help you live better now and protect your memory and thinking as you get older.

Contact Beth Olson, Program Manager, Alzheimer's Association at 952-0800 or Caitlyn Roemmich, Administrator, Wells County District Health Unit at 324-5459 with any questions.