

PRESENTATION

Join Us For A FREE Education Presentation.

Healthy Living For Your Brain and Body: Tips From the Latest Research

**Friday , March 3rd
11:00am - 12:00pm**

**Elsie S. Hogan Community Library
100 N. Curtis Ave.
Willcox, AZ**

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 to optimize our physical and cognitive health as we 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.

For information or questions, please call 520.322.6601

alzheimer's  association

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