

JOIN US

ALZHEIMER'S  ASSOCIATION®

BUILDING BRAIN-HEALTHY HABITS



Join us for a research-based program grounded in the latest science, including findings from the U.S. POINTER study, that explores how lifestyle choices can support brain health at every age. Participants will be introduced to the 10 Healthy Habits for Your Brain and guided in creating a personalized, practical action plan built around small, sustainable steps for everyday life.

Program includes:

- Learn about brain-healthy habits such as physical and cognitive exercise and nutrition
- Understand why brain health matters at every stage of life

Join us after the program for an interactive garden experience to start your own healthy habits!

Tuesday, Sept 15
6-7:00 pm

Clearwater Farms
760 Green Coulee
Road Onalaska, WI

To Register Call
262-497-8374

www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811

 **ALZHEIMER'S®
ASSOCIATION**
Wisconsin Chapter