

the
basics

&

**healthy habits for
a healthier you**



an education program by the alzheimer's association

Part 1: The Basics

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease and treatment.

Part 2: Healthy Habits for a Healthier You

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.

Date: Saturday, October 24, 2015

Time: 10:00 am - 12:00 pm

Location: Our Lady of Lourdes Catholic Church; 25 Boulevard NE; Atlanta, GA 30312

RSVPs are suggested but not required. To RSVP please call 1.800.272.3900.