

Heads Up For a Healthy Brain

January 25, 2018 Presentation

Are you concerned about keeping your brain healthy as you age?

The presentation will look at Alzheimer's disease and how it impacts the brain, the latest research on reducing your risk for Alzheimer's, and everyday tips for improving brain health.

- Maintain a Healthy Brain
- Rising Tide of Dementia
- Alzheimer's Disease
- Risk Reduction
- What We Can Expect – decline with age
- Critical Health Indicators

Time: 1:00 PM – 3:00 PM

Location: Whitevalley Community Centre
2250 Shields Avenue, Lumby, BC

Cost: FREE

Call To Register: 250-547-9741 (Lumby & District Health Services Society)

**Pre-registration is required.*

MIND – BODY – SPIRIT



“Together we can make a difference”



Lumby Health Centre

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LumbyHealthCentre.org