

Healthy Living for Your Brain and Body

Eads, CO



**MARK YOUR
CALENDAR!**

◆ **Date: Tuesday, November 28**

◆ **Time: 10:30 - 11:30 am**

◆ **Location: Prairie Pines Assisted Living
101 E Lowell St, Eads, CO 81036**

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.

**Free presentation by Ann Carter, Regional Director
Alzheimer's Association, Southern Colorado**

For more information, call 719.544.5720, ext. 304.

**Alzheimer's Association
24-hour HELPLINE: 1.800.272.3900**