



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

Research is still evolving, but evidence is strong that people can reduce their risk of cognitive decline by making key lifestyle changes.



Join us for *Healthy Living for Your Brain and Body: Tips From the Latest Research* 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.

September 9, 2019

5:00-6:00 p.m.

Wickliffe Family Resource Center

2221 Rockefeller Rd.

Wickliffe, OH 44092



WICKLIFFE CITY SCHOOL DISTRICT
Inspiring Students to Learn, Lead, and Succeed

This program is FREE and open to the public.

To register please call 800.272.3900 (24/7 Helpline)

*Please register and provide your contact information
should there be a change or cancellation.*