

# Learn how to live a brain healthy lifestyle

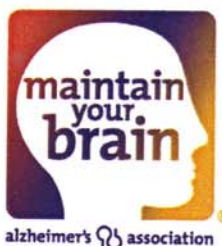


## Attend a Maintain Your Brain workshop Presented by the Alheimers Association

New research indicates that lifestyle choices can affect brain health and risk for dementia. Maintain Your Brain is a national campaign that offers advice on how you can keep your brain healthy by managing your overall health.

When people think about staying fit, they generally think about it from the neck down. But the health of your brain plays a critical role in almost everything you do. The good news is that we now know there's a lot you can do to help keep your brain healthier as you age.

To learn more, attend a Maintain You Brain workshop in the area.



### Sign up today!

Call 1-800-272-3900

#### Date and Time

November 13, 2008

11-am-12pm

#### Location

Missouri Delta Medical

Center

1008 N. Main- Sikeston

alzheimer's  association®

the compassion to care, the leadership to conquer