

# SPECIAL EVENT: Leverage Your Lifestyle for Better Brain Health

A virtual education program presented by the Alzheimer's Association® and Cleveland Clinic Lou Ruvo Center for Brain Health

## PROGRAM:

### **Part 1 - 10 Warning Signs of Alzheimer's Bill Counts Community Educator, Alzheimer's Association**

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association® developed the new 10 Warning Signs of Alzheimer's education program to help people recognize common signs of the disease and know what to watch for in themselves and others.



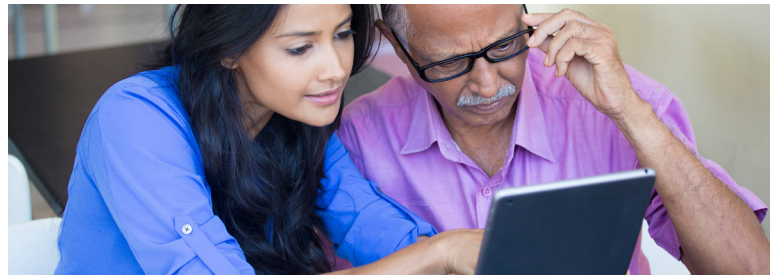
### **Part 2 - Leverage Your Lifestyle for Better Brain Health, Katurah Hartley, Project Manager II, Cleveland Clinic Lou Ruvo Center for Brain Health**

Take action to maximize your brain health by optimizing your lifestyle choices. Learn about the six pillars of brain health: exercise, diet, mental stimulation, social interaction, sleep, and overall physical health. Explore why it matters and tips to improve.



## Join us to learn about:

- » Typical age-related changes.
- » Warning signs of Alzheimer's or other dementia.
- » The importance of early detection and diagnosis.
- » Helpful Alzheimer's Association resources.



**Date:** Thursday, May 27, 2021

**Time:** 1:00pm - 3:00pm (PT/MST)

## Registration:

Visit <https://bit.ly/3oxCPhe> to register.

- » Registration required.
- » For questions, please call the Alzheimer's Association at 800.272.3900