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 required.
» For questions, please call the Alzheimer’s Association at 800.272.3900