

**Lake Sunapee Region VNA & Hospice is proud to partner with The National Alzheimer's Association to offer a special community workshop.**

## **“Maintain Your Brain®: How To Live A Brain Healthy Lifestyle”**

Find out what you can do to keep your brain healthy and help reduce the risk of getting Alzheimer's disease. The one-hour interactive workshop features nutritional and lifestyle advice, strategies to keep your memory sharp, interactive exercises and activities, and materials to take home for further reading.

The workshop will introduce attendees to scientifically rooted advice on brain health based on lifestyle choices including:

- ✚ **Staying sharp with challenging mental activities**
  - ✚ **Engaging in social interactions**
  - ✚ **Adopting a brain-healthy diet**
  - ✚ **Remaining physically active**

**Thursday June 11, 2009, 11:30-12:30**

Bring your own lunch, we'll provide a beverage and dessert.  
There is no charge for this event.

**RSVP to 603-526-4077 or email  
[ebrownson@lakesunapeevna.org](mailto:ebrownson@lakesunapeevna.org)**



Lake Sunapee Region VNA & Hospice