



ALZHEIMER'S  ASSOCIATION®

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This November, Sarah Reed Senior Living will be partnering with the Alzheimer's Association in hosting an educational series.

The first educational program is entitled Understanding Alzheimer's and Dementia. Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research, and treatments available for symptoms, and Alzheimer's Association resources. This program will be held in the Atrium at Sarah Reed Senior Living on Thursday, November 2nd, at 6:00p.m.

The second educational program is entitled Healthy Living for your Brain and Body. For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us 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. This program will be held in the Atrium at Sarah Reed Senior Living on Thursday, November 30th, at 6:00p.m.

This series is open to the public and to Residents, families, and friends of Sarah Reed Senior Living. Each program should last no longer than an hour. We look forward to seeing you.

Sarah Reed Senior Living

Trusted for Generations

227 W. 22nd St. ~ 814-878-2600 ~ SarahAReed.org