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alzheimer's  association®

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On **Tuesday, January 23<sup>rd</sup>, at 6:00p.m.**, Sarah Reed Senior Living will be partnering with the Alzheimer's Association in hosting their second educational program.

The second educational program is entitled "*Healthy Living for your Brain and Body*". For centuries, we have 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 was to be held in the atrium, but due to the high attendance of the first program, it will be held in the multipurpose room.

A third series will be held on **Tuesday, February 20<sup>th</sup>, at 6:00 p.m.**, entitled "*Effective Communication Strategies*". This topic touches on sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect.

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

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