



Healthy Living for Your Brain and Body

Please join us for a program provided by the Alzheimer's Association

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 optimize our physical and cognitive health as we 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.

alzheimer's  association®

Massachusetts/New Hampshire Chapter

Program is free of charge.
Pre-registration is required.
Please call 800.272.3900 to register.

Location: Senior Class
201 Route 111(Hampstead Commons)
Hampstead, NH

Date: May 24th, 2018

Time: 1:00pm-2:30pm

Presenter: Carrie Amorim, MSW
Program Coordinator, State of NH
Alzheimer's Association, MA/NH Chapter

Special thanks to our community hosts:

 **Senior Class**
ADULT DAY SERVICES

 **ServiceLink**
Aging & Disability Resource Center

ServiceLink is funded in part by NH DHHS

Program is provided at no cost.

FREE RESPITE
provided to the first
15 registrants who
sign up by April 24th

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www.alz.org/MANH