

# healthy habits

## FOR A HEALTHIER YOU

Healthy Habits for a Healthier You: 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.

*This program is 1.5 hours, which includes time for questions and answers.*



### WHEN

Monday, May 18, 2015  
3:00 - 4:30 pm

### WHERE

Urbana Free Library  
Lower Level Auditorium  
210 W. Green St.  
Urbana, IL 61801

### REGISTRATION

Call: 217.351.1726 or  
Go to: [www.alz.org/illinois](http://www.alz.org/illinois)

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