



Healthy Living for Your Brain and Body

Alzheimer's Association Illinois Chapter

Come join us on Wednesday, July 31, from 1:30-3 p.m. in Auditorium B at OSF HealthCare Heart of Mary Medical Center to learn about Alzheimer's research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Also, use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Please RSVP by July 23 at (217) 337-2022.



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