

# Healthy Living for Brain and Body: Tips From the Latest Research

An Education Program Presented by

**alzheimer's**  **association**<sup>®</sup>



## PROGRAM DETAILS:

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.

WEDNESDAY  
**FEBRUARY 2**

**1:00 PM - 2:30 PM**

Virtual event registration:  
[events.sonomalibrary.org/events](https://events.sonomalibrary.org/events)



Advanced registration is required. Registered participants will receive the Zoom invite one hour prior to the scheduled event.  
Questions? Email: [events@sonomalibrary.org](mailto:events@sonomalibrary.org) or call your local library!