

A Free Education Program
for individuals interested in learning
about a brain healthy lifestyle

maintain your brain

September 22 – 6:00 to 7:00 PM
Clear Lake Lutheran Church
270 Outer Drive
Fremont IN
(Light dinner served)



Learn about

- ▶ Dementia prevention
- ▶ How the brain works
- ▶ Dementia risk factors
- ▶ Living a brain-healthy lifestyle



Pre-registration requested.

Please call the Alzheimer's Association Helpline at 800-272-3900 to register.

Presented By:

alzheimer's  association®