OCTOBER: HEADS UP
Tips For Better Brain Health

MONTHLY WEBINAR

Know the 10 Signs
Thursday, Oct 15, 2015
12:00 p.m. - 1:00 p.m.

Learn to identify the 10 early warning signs of Alzheimer’s disease through this webinar presented by the National Alzheimer’s Association. Review the differences between age-related memory lapses and the signs of dementia.

BE SURE TO REGISTER IN ADVANCE
Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online.

RESOURCES: CONSULTANTS AND WEBSITE

You already know that eating right and regular exercise are great for your body but did you know they can also keep your brain healthy? Intellectual stimulation and social activity may also be just as important for brain health as you age. Your NYS-Balance program can provide you with resources and information on brain development and health at any age.

Call or visit us online to get started.