



LUNCH AND LEARN

NEW YEAR

NEW YOU

healthy living for  
your brain and body



MONDAY, JANUARY 25 | NOON - 1 p.m.

VIRTUAL EDUCATION

It's a new year with new new goals and resolutions. Did you make a goal to be 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 make lifestyle choices that may help you keep your brain and body healthy as you 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. New Year, New You! Your health matters.

Register to receive login instructions by  
calling 800.272.3900 or click [HERE](#).

alzheimer's  association®

Central & Western  
Virginia Chapter

24/7 HELPLINE 800.272.3900