PRESENTS
FITNESS AND YOUR BRAIN: AVOIDING DEMENTIA

Please join us for an informative session presented by:

Kelly Bell, MSW, LCSW
November 9th, 2016
11:30 to 12:30 pm
DLS Hagerty Room

According to the Alzheimer’s Association, of the **5.4 million Americans** with Alzheimer's, an estimated **5.2 million** people are age 65 and older, and approximately 200,000 individuals are under age 65 (younger-onset Alzheimer's).

Dementia will become more prevalent as our elderly population increases. This workshop discusses ways to prevent or delay the onset of dementia.

**Learning objectives:**

- Identify different classes of dementia
- Identify factors that contribute to different types of dementia
- Understand the role of diet, exercise and task variety in preventing dementia
- Develop an action plan to maintain brain fitness