



**Senator Kemp Hannon**  
595 Stewart Ave., Suite 540  
Garden City, NY 11530

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# SENATOR KEMP HANNON

— INVITES YOU TO A SPECIAL 2 PART PROGRAM —

**AGING BRAIN - "USE IT OR LOSE IT" SEMINAR**  
*FOLLOWED BY A FREE MEMORY SCREENING PROGRAM*

**Tuesday, October 30th**

10 AM - 11 AM - Aging Brain Seminar | 11 AM - 1 PM - Free Memory Screening  
Garden City Senior Center, 6 Golf Club Lane, Garden City, NY 11530

# SENATOR KEMP HANNON'S

## AGING BRAIN - "USE IT OR LOSE IT" SEMINAR

*Sponsored by Senator Hannon, EAC Network and the Alzheimers Foundation of America.*

### **PART I - AGING BRAIN 10AM TO 11 AM - RESERVATIONS REQUIRED**

Join our speakers, Mary Ann Sampson Registered Nurse and Christine Weber, Program Coordinator of In Home Respite Services at EAC Network, as they discuss your body's most important organ - your brain. Learn how to keep your brain healthy through nutrition, exercise and simple everyday activities, as well as the diseases that affect the brain and strategies to help boost your memory as you grow older.

### **PART II MEMORY SCREENING 11AM TO 1PM - APPOINTMENTS ARE NECESSARY**

EAC Network and the Alzheimer's Foundation of America are conducting a Free Memory Screening. Screening take about 10 to 15 minutes. It is estimated that 5.1 million Americans may have Alzheimer's disease. It is not a normal part of aging, but the risk of developing the illness increases with advanced age.

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**Garden City Senior Center**

*6 Golf Club Lane, Garden City, NY 11530*

**RESERVATIONS & APPOINTMENTS  
ARE REQUIRED.**

*Please call Senator Hannon's Community Office at 516-739-1700 to sign up.*

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