



Senator Chris Jacobs  
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**PAID**  
NEW YORK SENATE

Senator  
**CHRIS JACOBS**  
& Assemblyman  
**ANGELO MORINELLO**  
*host*

**Healthy Living for Your Brain & Body!**

# **FREE ALZHEIMER'S AWARENESS CLASS**

**WEDNESDAY, JUNE 27**

**6:00 - 7:30 PM**

**THE GOLDEN AGE CENTER  
GRAND ISLAND**

Senator **CHRIS JACOBS** & Assemblyman **ANGELO MORINELLO**

# FREE ALZHEIMER'S AWARENESS CLASS

## Healthy Living for Your Brain & Body!

There are lifestyle habits you can adopt now that will help you maintain or even improve your health. These habits may also help to keep your brain healthy as you age and possibly delay the onset of cognitive decline. This FREE workshop covers four areas of lifestyle habits that are associated with healthy aging:

- Cognitive Activity
- Physical Health & Exercise
- Diet & Nutrition
- Social Engagement

Representatives from the Alzheimer's Association will be on hand to share the latest research, take your questions, and discuss steps you can take to improve or maintain your overall health.

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**6:00 - 7:30 PM**

**The Golden Age Center  
3278 Whitehaven Road  
Grand Island, 14072**



## FOR MORE INFO, CONTACT:

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