



**Wartburg**

# Healthier Habits for a Healthier You

An Education Program by the Alzheimer's Association  
in Partnership with Wartburg

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 optimize our physical and cognitive health as we 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.

**Thursday, May 14, 2015**

4:30 pm – 6:30 pm

**Wartburg Conference Center**

1 Wartburg Place

Mt. Vernon, NY 10552

[wartburg.org](http://wartburg.org)

Light Refreshments will be served

**alzheimer's  association®**

*Limited seating, register today!*  
Please RSVP to  
Karen Thomas by May 8, 2015  
(914) 513-5330 or  
[kthomas@wartburg.org](mailto:kthomas@wartburg.org)



INDEPENDENT LIVING | ASSISTED LIVING | ALZHEIMER'S/DEMENTIA CARE  
NURSING HOME | ADULT DAY SERVICES | HOME HEALTH CARE | REHABILITATION  
RESPIRE CARE | HOSPICE CARE | CAREGIVER SUPPORT