

# Healthy Living for Your Brain & Body

**Tuesday, March 3**

**10:00 a.m.**

**Belleville Public Library**

**1327 19<sup>th</sup> Street, Belleville, Kansas**

**&**

**Program Repeated at 2:00 p.m.**

**Concordia Courthouse Basement Meeting Room**

**811 Washington Street, Concordia**

**Presented by Hayley Young,**

**Outreach Specialist, Alzheimer's Association- Heart of America Chapter**

**Sponsored by K-State Research & Extension- River Valley District**

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. This program will provide information 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

**Pre-register:** Please pre-register for the Belleville meeting by calling the District Extension Office at 785-527-5084. Call the Concordia Extension Office at 785-243-8185 to pre-register for the Concordia meeting.

For more information, contact Deanna Turner, District Extension Agent, at 785-632-5335. Everyone is invited to this free program.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact John Forshee, Director, River Valley Extension District #4, 322 Grant Avenue, Clay Center, KS 67432. Phone 785-632-5335.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service