

News Release for Immediate Release or Next Issue  
Deanna Turner, Extension Agent: Family & Consumer Sciences, Aging Programs  
River Valley Extension District  
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### **Healthy Living for Your Brain & Body**

Discover ways to make lifestyle choices that may help you keep your brain and body healthy as you age. Plan to attend the upcoming program, Healthy Living for Your Brain & Body on Tuesday, March 3, 10:00 a.m., at the Belleville Public Library (1327 19<sup>th</sup> Street). Can't make it to Belleville? Hayley Young, Outreach Specialist for the Alzheimer's Association, will present the program in Concordia at 2:00 p.m. that day at the Concordia Courthouse Basement Meeting Room (811 Washington Street). Enter on the west side of the Courthouse and take the elevator to the basement floor.

Healthy Living for Your Brain and Body will provide information about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Hands-on tools will help you use these recommendations for healthy aging presented by Hayley. She presented an Alzheimer's program at Concordia last fall and mentioned this program would be available soon.

Please pre-register for the Belleville meeting by calling the K-State Research & Extension District Office at 785-527-5084. Call the Concordia Extension Office at 785-243-8185 to pre-register for the Concordia meeting. K-State Research & Extension-River Valley District is sponsoring this informative program. For more information, contact Deanna Turner, District Extension Agent, at 785-632-5335. Bring your friends and relatives to this free program.

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