

Healthy Aging: Tips for Your Body and Brain

Over the past several decades, researchers have explored how lifestyle factors may affect our physical and cognitive health. Diet, exercise, stress, sleep problems, and other factors may influence age-related physical and cognitive decline. Learn about the latest research on lifestyle changes and how to incorporate healthy habits into your daily routine.

*Light refreshments will be served
beginning at 9:30 a.m.*

Saturday, June 2, 2018

10—11 a.m.

Adult Day Center at Somerset Hills

VNA of Somerset Hills
200 Mount Airy Road
Basking Ridge, NJ
908-766-0180

There is no fee for attending this program, however, **pre-registration is required.**

You can register online at
alznj.org[®]

Or call Alzheimer's New Jersey:
888-280-6055