Healthy Living for Your Brain

an education program by the alzheimer’s association

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 ways to optimize our physical and cognitive health as we age. Join us to learn more about ways to love your brain.

Presented by Katie Fahrenbruch, M.Ed.—Regional Director, Alzheimer’s Association

Where: Columbine Health Systems Center for Healthy Aging
Room 1418
151 W. Lake Street

When: Wednesday, November 7th
10:00am—11:30am

Contact: kfahrenbruch@alz.org or (970)472-9798

alz.org/co 800.272.3900