

# living a brain healthy lifestyle



When people think about staying fit, they generally think about the body from the neck down. The health of your brain, however, plays a critical role in almost everything you do. The good news is that we now know there is a lot that you can do to help keep your brain healthier as you age. These steps might also reduce your risk of Alzheimer's disease or other dementias.

- Identify specific brain healthy foods
- Understand how physical exercise can improve brain health
- Learn mentally challenging activities and how they strengthen brain cells
- Recognize the importance of social activities in stimulating mind and body

**When:** Thursday, November 21, 2013  
11:30 AM - 12:30 PM

**Where:** Otay Mesa-Nestor Library SDPL  
3003 Coronado Avenue  
San Diego, CA 92154

to register call 800.272.3900 or visit [alz.org/sandiego](http://alz.org/sandiego)