



NEW HORIZONS

BUILDING BRAIN- HEALTHY HABITS

June is Alzheimer's Awareness Month. Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older - even reducing your risk of cognitive decline and possibly dementia. Join us for presentation by Erin Lynch from the Alzheimer's Association on tips to building brain- healthy habits and help protect your brain!

TUESDAY, JUNE 30TH AT 1:00 PM

ELLENVILLE SENIOR HOUSING COMMUNITY ROOM

15 HEALTHY WAY ELLENVILLE, NY

PLEASE REGISTER BY JUNE 26TH

CALL (845) 647-6400 EXT 215

