

Join us on

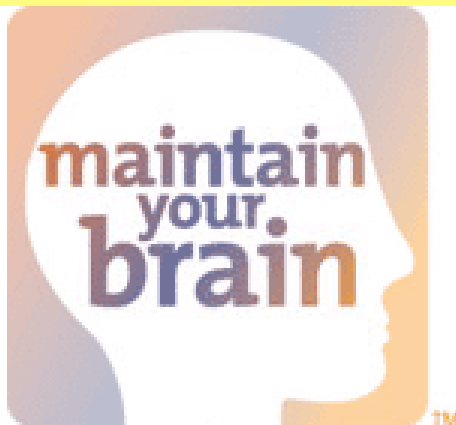
Wednesday, November 29th

For an interesting workshop

Maintain Your Brain

Are you nurturing your brain to stay healthy? Can you do that? Learn better ways to stimulate, nurture and keep your brain healthier as you age. Learn about a brain-healthy diet, how social inclusion, creativity, breathing exercises, daily walks, your favorite music and physical activity can help you nurture a better brain.

Handouts and a healthy snack will be available!



alzheimer's association

**Location: Area Agency on Aging,
124 New 6th St., Lewiston**

Time: 2:00 p.m. to 4:00 p.m.

RSVP: Cara Snyder at (208) 743-5580

**Speaker: Kathy J. Ward, MA, CTRS, ADC, CALA, CGP
Inland Northwest Alzheimer's Association**