

# Healthy Living for Your Brain and Body

SPONSORED BY ALZHEIMER'S ASSOCIATION

This informative workshop will cover tips for optimizing physical and cognitive health including:

Research in the areas of diet and nutrition, exercise, cognitive activity and social engagement

Hands-on tools to incorporate these recommendations into a plan for healthy aging at any age!



WEDNESDAY

**AUGUST 16, 2017**

At 7:00 PM

**HAZLET TOWNSHIP PUBLIC LIBRARY**

*A Branch of The Monmouth County Library System*

251 Middle Road, Hazlet, NJ 07730 - 732-264-7164 - [www.monmouthcountylib.org](http://www.monmouthcountylib.org)