

Wednesday March 25<sup>th</sup> at 2:00-3:00pm

# Brain Health

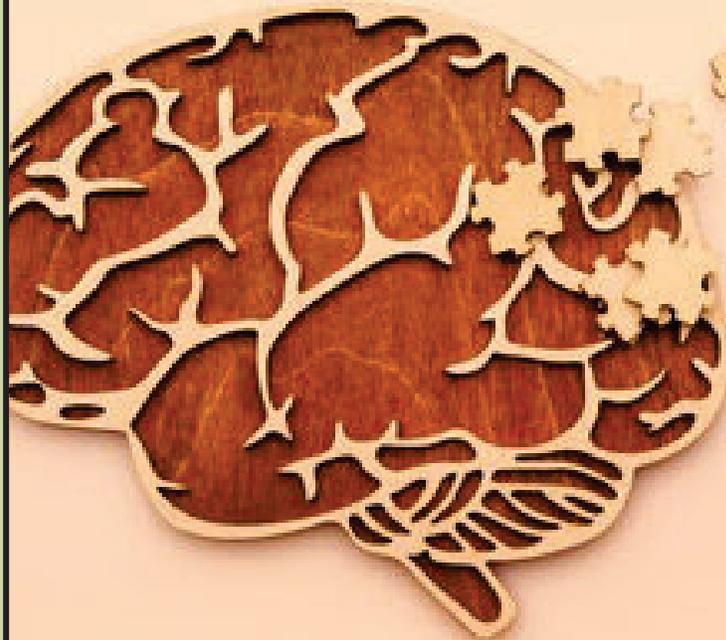
## Information Session

Vernon Acres Assisted Living

1319 Bad Axe Ct, Viroqua, WI 54665

Join us as we break down the science into practical insights to help you support lifelong brain health. Learn a little about nutrition, exercise, cognitive activity and social engagement, including tips for incorporating into your daily life.

Did you know that science offers guidance on lifestyle choices that may help protect your brain as you age? In this session, we'll explore the difference between normal aging and dementia, how the brain works, and what "brain health" really means. You'll learn about early warning signs of cognitive decline, key risk factors for neurocognitive disorders like dementia, and how to take proactive steps toward prevention.



**Bethany St. Joseph Corporation**  
Community Services



Aging and Disability Resource Center

Your Bridge to Support