



~Lunch N' Learn~

Robyn Kohn
Alzheimer's Associates

Presents

"Healthy Living for Your Brain and Body. Tips from the Latest Research"

For centuries, we've know that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Date: **Monday, December 3, 2018**

Time: 12:00 PM – 2:00 PM

Place: Chester Library

250 W Main Street, Chester

Cost: **Free Complimentary luncheon served**

MUST REGISTER

by calling the library at 908-879-7612

-Seating is limited-

Sponsored by the Senior Resource Center

50 Route 24, Chester, NJ 07930 908-879-2202

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