

# Healthy Aging: Tips for Your Body and Brain

Over the past several decades, researchers have explored how lifestyle factors may affect our physical and cognitive health. Diet, exercise, stress, sleep problems, and other factors may influence age-related physical and cognitive decline. Learn about the latest research on lifestyle changes and how to incorporate healthy habits into your daily routine.

**Tuesday, October 24, 2017**

**12:45 p.m. – 1:45 p.m.**

**Bergen Family Center  
in partnership with  
Family Support Organization**

44 Armory Street  
Englewood, NJ  
**201.568.0817**

There is no fee for attending this program, however, **pre-registration is required.**

You can register online at  
**[alznj.org](http://alznj.org)**®

Or call Alzheimer's New Jersey:  
**888-280-6055**