

MONTHLY EDUCATION SERIES

Building Brain-Healthy Habits



TUESDAY, MARCH 17TH • 3:30PM - 4:30PM

This month, **Ohio's Hospice** and the **Alzheimer's Association Miami Valley Chapter** will present an engaging program on building brain-healthy habits. Learn how simple, everyday choices can help protect your memory and thinking skills as you age and may even lower the risk of cognitive decline and dementia. Join us in our theater for this informative session featuring research-based insights and practical steps you can take at any age to support and protect your brain health for the future. In addition, Ohio's Hospice will discuss the different types of delirium and dementia, along with risk factors, causes, and available interventions.

PLEASE RSVP BY MARCH 16TH

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