



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REDUCE YOUR RISK OF DEMENTIA

Save Your Brain Lecture Series Forest City YMCA

It is estimated that 30% of all community dementia is preventable. By making simple lifestyle changes, you can reduce your risk of dementia by up to 70%.

This 10-week program provides tools and resources to preserve your memory and cognitive skills. The program covers how to:

- Eat well
- Get moving
- Sleep enough
- Take the right medications
- Address chronic diseases
- Stay sharp
- Be social
- Keep hydrated
- Hear well

WHEN: September 3rd–November 5th
TIME: Fridays 10:00am to Noon
LOCATION: Forest City YMCA
COST: \$50 Per Participant

Call 641-585-5220 or stop by the Y to register



The Y.™ For a better us.