



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REDUCE YOUR RISK OF DEMENTIA

Save Your Brain (and your body!) Mason City Family YMCA

Dementia is a devastating condition that wreaks havoc on a person's physical, mental, emotional, social and financial well-being. There is no cure for dementia -- but by making simple lifestyle changes--you can reduce your risk of dementia by up to 70%.

In this 10 week, evidence-based program, you will learn and interact with local experts about:

- EAT WELL
- GET MOVING
- SLEEP ENOUGH
- RIGHT MEDICATIONS
- CHRONIC DISEASES
- STAYING SHARP
- BEING SOCIAL
- STAY HYDRATED
- HEARING

WHEN: Sundays, September 12th–November 14th

TIME: 2:00–4:00 PM

WHERE: MASON CITY FAMILY YMCA

COST: \$50 per participant

Call 641-422-5999 or stop by the Y to register

