



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# REDUCE YOUR RISK

## Save Your Brain Lecture Series YMCA OF GREATER DES MOINES

You can reduce your risk of dementia by up to 70% and it is estimated that 30-40% of all community dementia is preventable.

This 10-week program will provide you with tools and resources to preserve your memory and thinking skills. This is lecture only and will not contain behavior modification support or individual consultations. Visit the link below for more information regarding Save Your Brain coaching.

The program covers how to:

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

**WHEN:** Tuesdays, March 22-May 24, 2022  
**TIME:** 2:00 p.m.-4:00 p.m.  
**LOCATION:** VIRTUAL WEBINAR  
**COST:** \$200 PER PARTICIPANT

Register online at [www.dmyymca.org](http://www.dmyymca.org) or call 282-9622 or your local YMCA.

