



# Maintain your Brain Workshop

Monday, March 24, 2008  
at the McKenzie House  
12:30 ~ 1:30 p.m.

Learn ways to keep your brain active as you age.

This workshop will show you how to live a “brain healthy lifestyle”.

It is part of a national campaign to help change the way  
Americans think about brain health.

This workshop is about maintaining a healthy brain.

We’ll cover topics based on scientific evidence that will show you how  
to: improve the way your brain works and extend your quality of life.

This workshop will be divided into three primary areas  
with three main objectives:

**The brain:** How it works and changes with age

**The body:** How the heart and brain are connected

**The person:** How social connections and emotional  
health affect your brain

There is no guaranteed way  
to prevent brain disease or  
memory loss, but a healthy  
brain is a good defense.



This workshop conducted by  
Chantal Champaloux, CVAA  
AmeriCorps/Neighbor-to-Neighbor  
member. For more information please  
call 1-800-642-5119 ext. 1048