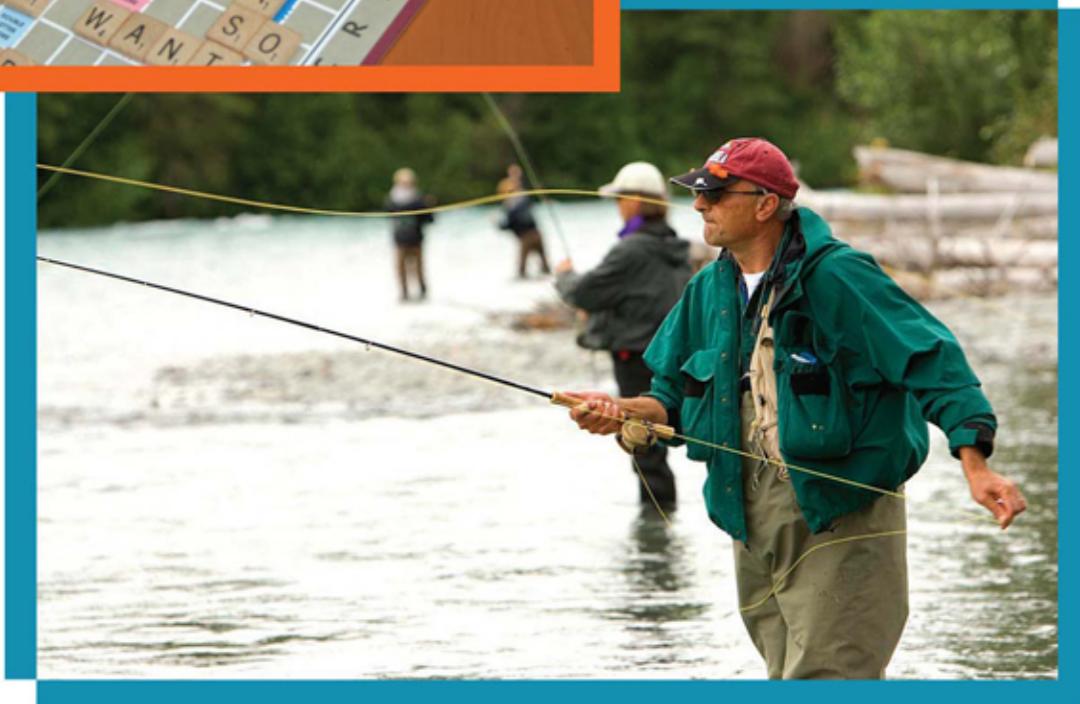


Healthy Body, Healthy Brain

Make choices for a healthier *future!*

Participating in these activities may protect your brain against the risk of Alzheimer's Disease & Related Dementia:

- **Physical Activity**
- **Eating Smart**
- **Group Activities**
- **Mental Challenges**
- **Fun with Others!**



For more information please visit www.alaskaaging.org

