Nourish Your Noggin

A Free Educational Workshop Series Promoting Brain Health

Join us for an educational series promoting the importance of understanding how to keep our brains healthy as we age.

Various speakers will present thought-provoking information on changing the way we think about brain health. The latest research and information on brain health is covered along with practical strategies for keeping our brains healthy as we age.

As the series progresses, we will learn what is normal age-related memory loss, warning signs for dementia, diagnosing someone with dementia and coping strategies for caregivers.

**Series Topics**

**August 9th - Fuel Your Brain**
Learn how to nourish your noggin with foods to help maintain a healthy brain.

**September 13 - Physical Wellness**
Learn how developing good physical health can help your overall life-style-including benefits of exercise.

**October 11 - Emotional & Spiritual Wellness**
Learn the importance of enjoying moments in life and ways to reduce our stress levels.

**November 8 - Know the Signs**
Understand the 10 signs of Alzheimer’s and the difference between normal age-related memory loss and warning signs for something more serious.

**NO MEETING IN DECEMBER**

**January 10 - Getting a Diagnosis**
A physician will explain steps in getting a diagnosis for dementia and an overview of Alzheimer’s.

**February 14 - Legal & Financial Wellness**
Information about important legal and financial decisions that families must consider, particularly in light of a diagnosis of Alzheimer’s or other dementia.

For more information contact Holly Clay at The Blake at Oxford: 662-234-5050