

Sign up today for our 6 week program
Healthy Habits, Healthy Brain

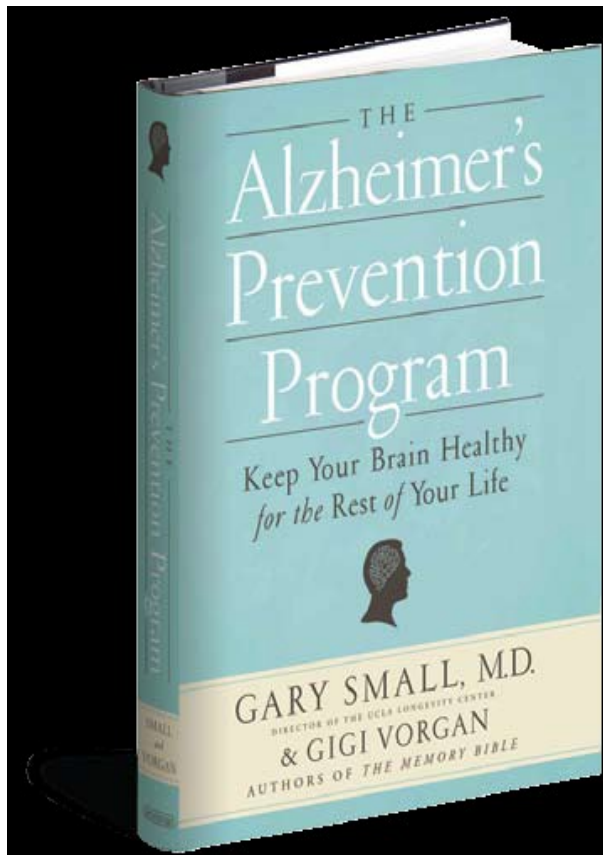
with gerontologist

Dr. Amy Eisenstein

based on the book *The Alzheimer's Prevention Program* by Dr. Gary Small

Memory Training, Mental Workouts, Stress Reduction Strategies, Nutrition, Aerobic Exercise, and More

Call 708-583-8527 to register for this
free workshop series



- . Thurs. Feb. 2
 - . Thurs. Feb. 9
 - . Wed. Feb. 15
 - . Thurs. Feb. 23
 - . Thurs. Mar. 1
 - . Thurs. Mar. 8
- 10:00am-11:00am

Central Baptist
Village

4747 N. Canfield Avenue, Norridge, IL 60706