

# LUNCH AND LEARN

## *MAXIMIZE YOUR MEMORY: Living A Brain Healthy Lifestyle*

**Elise Eifert, MS, CHES**

**Health Educator**

**Alvin A. Dubin Alzheimer's Resource Center**

**TUESDAY, MAY 20<sup>TH</sup>**

**12:30 - 2:00 pm**

**Parish Hall**

**Saint Michael and All Angels Episcopal Church**

Join us for a talk and discussion on -

- Normal aging
- Alzheimer's disease
- Managing your memory

**Bring your favorite bag lunch - beverages provided**

**RSVP: Susan Gonzalez or Roberta Heller at 472-2173**