

Building BRAIN-HEALTHY Habits



THURSDAY, FEB 5 | 12-1 PM | ZOOM

Join the Alzheimer's Association-Hawaii and Dr. Rachel Lindsey to learn how you can live better **NOW** and protect your memory and thinking at any age.

Join us to:

- Understand the lifestyle changes that can impact brain health and reduce dementia risk.
- Learn the new science about how physical activity affects the brain.
- Build a personalized action plan for brain-healthy habits.



REGISTER NOW



DR. RACHEL LINDSEY

Professor, Kapiolani Community College
Alzheimer's Association Leadership Board