

# 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