JUNE IS ALZHEIMER'S AND BRAIN AWARENESS MONTH

Join us for a special series of education programs presented by the Alzheimer's Association® and AARP

FEATURED PROGRAM: JUNE 6 AT 6 PM

Ask the Alzheimer's Expert: A Conversation with Dr. Andrew Budson about Normal Aging and Dementia

Join us for a conversation with Dr. Andrew Budson, MD about normal aging and dementia. We will learn about the signs of dementia, and what to do if you're worried about memory loss in yourself or a loved one. We will talk about risk factors for dementia, treatment options, and brain health. There will be time for questions from the audience.

Dr. Budson is a neurologist and researcher at Veterans Affairs (VA) Boston Healthcare System and Boston University Alzheimer's Disease. He also has appointments at Boston University School of Medicine and Harvard Medical School.

BRAIN HEALTH TUESDAYS! JOIN US FOR THESE 30-MINUTE PROGRAMS

HEALTHY COOKING ON A BUDGET: JUNE 4 AT 12 PM

Join Alison Dvorak, Registered Dietician, for a healthy cooking demonstration and tips on low-cost healthy cooking.

PREVENTING BRAIN INJURY IS A LIFE-LONG ENDEAVOR: JUNE 11 AT 12 PM

Doreen Grasso from the Brain Injury Association of Rhode Island will discuss brain injury prevention throughout the continuum of life. This is especially important as we age, for the senior population has the highest rates of traumatic brain injury.

SLEEP HYGIENE: TIPS FOR A BETTER NIGHT'S REST: JUNE 18 AT 12 PM

Join us for a discussion with Kristen McGhee, a Registered Polysomnographic Technologist, about how to improve your sleep for better health.

MOVEMENT TO SUPPORT YOUR BRAIN AND BODY: JUNE 25 AT 12 PM

Studies have shown that just 15 minutes of movement every day is more beneficial than 40-60 minutes a couple of times a week. In this session, Jazmin Averbuck, MS, exercise specialist, will discuss taking the movement you are already doing and incorporating new techniques to maximize benefits and maintain good exercise habits. Jazmin will share light exercises that you can incorporate daily.

To register for any of these programs, click the link, scan the QR code, or call our 24/7 Helpline at 800.272.3900

ALZHEIMER'S ASSOCIATION®

AARP® Massachusetts