



eliminating racism
empowering women
ywca



WOLFE
AUDIOLOGY

In partnership with:



UnityPoint Health
Marshalltown

REDUCE YOUR RISK OF DEMENTIA



**UNLOCKING
BRAIN FITNESS**
KEYS TO DEMENTIA PREVENTION

Dementia is a devastating condition that wreaks havoc on a person's physical, mental, emotional, social and financial well-being. There is no cure for dementia—but by making simple lifestyle changes, you can reduce your risk of dementia by up to 70%.

In this 10-week, evidence-based program, you will learn how to:

- Eat well, exercise and get the sleep you need for cognitive health
- Stay mentally sharp, build social relationships and become stress-resilient
- Take the right medications and manage chronic disease for better overall health

When:

Tuesdays at 12:30-2:30pm
beginning September 13th

Location:

Marshalltown YMCA-YWCA
108 Washington Street,
Marshalltown

Cost:

Members: \$60
Community Members: \$100

For more information, contact:

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