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: January 5 - March 9, 2021
Time: Wednesdays 11:30am-1:30pm
Location: Marshalltown YMCA-YWCA
108 Washington Street, Marshalltown
Cost: Members: $60
Community Members: $100
Contact: Keisha Lockhart
keisha.lockhart@ymca-ywca.org
641.752.8658