



eliminating racism  
empowering women  
**ywca**

In partnership with:



**WOLFE**  
AUDIOLOGY



**UnityPoint Health**  
Marshalltown

# REDUCE YOUR RISK OF DEMENTIA



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