

HEALTHY LIVING FOR YOUR BRAIN AND BODY + DRIVER SAFETY AND THE AGING DRIVER

Education programs presented by the Alzheimer's Association®

As we grow older, we may notice changes to our mental fitness and driving ability. In this 2-hour workshop, come learn strategies to a healthy body-healthy brain and to prolonged driving independence.

PART 1 - HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands on tools to help you incorporate these recommendations into a plan for healthy aging.

PART 2 - DRIVER SAFETY AND THE AGING DRIVER

Hear ideas for safe, prolonged driving independence from the local DMV Senior Driver Ombudsman. Topics will include: driver license renewal strategies, DMV criteria for evaluation of Alzheimer's disease and other cognitive or physical impairments, and how your health is closely connected to your driving.



Tuesday, July 23, 2019

10 a.m.–Noon

**Kaiser Permanente Modesto Medical Offices
Conference Room 3A3, 3rd floor
4601 Dale Road
Modesto, CA 95356**

Registration is requested. Please call the Alzheimer's Association at 800.272.3900 or email ivilleda@alz.org.

**Hosted
by:**



Education programs presented by the Alzheimer's Association and CA DMV Senior Driver Ombudsman.

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