



UNC
GREENSBORO

Staff Senate

Healthy Living for your Brain and Body

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.

Presented by the Greensboro Chapter of the North Carolina Alzheimer's Association.

Space is limited. Registration Required. **Please register at the UNCG Workshops & Events website:** <http://workshops.uncg.edu>

June 3, 2019

3PM - 4PM

Bryan 113

ACCESSIBILITY NOTICE: For event accommodations, please contact Megan Cayton @ mcdelph@uncg.edu or 336-334-3375



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