

PRESS RELEASE

May 4, 2018

Lead Staff: Bonnie Lewis, RN
845-292-6180, ext. 122
Dependent Care Subject Educator
bjl25@cornell.edu

Eldred Class: Healthy Living for Your Brain & Body

ELDRED, NY— For centuries, we've known that the health of the brain and the body are connected. 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.

The public is invited to a free class on Healthy Living for Your Brain & Body on Friday, May 11, 2018. Cornell Cooperative Extension Sullivan County (CCEC) offers this program in partnership with Alzheimer's Association Hudson Valley, NY chapter from 3:00 to 4:30 pm at the Sunshine Hall Free Library on 14 Proctor Road in Eldred.

Participants will receive an overview of human aging, how the brain works, and information on current research.

Practical strategies for healthy aging will be shared in:

- Physical health and exercise
- Diet and nutrition
- Cognitive activity
- Social engagement

This class is free to the public and requires five pre-registered attendees to hold the class. Registration is required in advance by visiting www.sullivancee.org, emailing sullivan@cornell.edu, or calling CCEC at 845-292-6180. In the event of special needs, the public should contact the CCEC office.

This program is supported through a grant from the Alzheimer's Association Hudson Valley, NY chapter.

###