

# BUILDING BRAIN-HEALTHY HABITS



## TIPS TO BUILD HEALTHY HABITS AND HELP PROTECT YOUR BRAIN

Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older - even reducing your risk of cognitive decline and possibly dementia.

### Join us to learn about:

- Healthy habits for your brain, like exercising and eating right.
- The brain-heart connection.
- Why brain health is important at all ages.
- Building your personalized action plan for brain-healthy habits



Date: Tuesday,  
March 24, 2026



Time: 1:00pm-2:00pm



Location: CCE Sullivan  
64 Ferndale-Loomis Rd.  
Liberty, NY 12754

### Three ways to Register:

1. Call (845) 292-6180 x 122
2. Email: [sullivancrc@cornell.edu](mailto:sullivancrc@cornell.edu)
3. Go to  
<https://tinyurl.com/5n6mtpy4>

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[alz.org/HudsonValley](http://alz.org/HudsonValley) | 800.272.3900