Cornell Cooperative Extension
Sullivan County

Caregiver Resource Center

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

This program is provided by a grant from the Alzheimer's Association, Hudson Valley NY Chapter, NYSDOH, and the CCE Caregiver Resource Center.

Date: Monday
December 14, 2026

Time: 12:00pm-1:00pm
light refreshments available

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
3. Go to https://tinyurl.com/5n6mtpy4

alz.org/HudsonValley | 800.272.3900

ALZHEIMER'S ASSOCIATION
Hudson Valley Chapter