



SAVE YOUR BRAIN

You can reduce your risk of dementia by up to 70% and it is estimated that 30-40% of all community dementia is preventable.

This 10-week program consists of weekly one-hour Zoom lectures on reducing your risk of dementia. You may access additional information and tools at the savingyourbrain.org website.

This class is lecture only and will NOT contain behavior modification support or individual consultations with a Registered Dietitian, a Geriatric Pharmacist, a YMCA Fitness Consultant, or a Health Coach. Nor will you have free access to the 10 weekly one-hour special SYB fitness classes. If interested in the full behavior modification and individual consultations course for \$200, please indicate when registering.

The following topics will be addressed:

- Eat Well
- Get Moving
- Sleep Enough
- Avoid Meds Bad for Brain
- Address Chronic Conditions
- Stay Sharp
- Be Social
- Keep Hydrated
- Be Stress Resilient
- Hear Well

SYB with Lecture Only

Tuesdays, 11:30-12:30 January 26 – March 30, 2021 -- \$50

To Register:

Go to <http://bit.ly/SaveYourBrain2021> or call Wellmark YMCA at 515-282-9622

