

Healthy Living for Your Brain and Body: Tips from the Latest Research



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
- social engagement

Date: Tuesday, January 14, 2019

Time: 12:30 p.m.— 1:00 p.m.

Location: Interfaith Community Services
Vista Village Mobile Home Park
1506 Oak Dr.
Vista, CA 92084

This event is **FREE** and open to the public.

RSVP by phone anytime: 800.272.3900

Or register online at: <https://bit.ly/2OvBUdz>