Take the LEAP!

Brain Health Boot Camp

Evidence-based practices to reduce your risk for Alzheimer's disease and to help increase memory and learning. All ages encouraged to join!

Topic 1: Alzheimer's Basics & LEAP Overview | September 30
Topic 2: Physical Activity & Exercise | October 7
Topic 3: Nutrition | October 14
Topic 4: Sleep & Stress Management | October 21
Topic 5: Cognitive & Social Engagement | October 28

#brainpower

KU Alzheimer's Disease Center· 913-588-0555 · kualzheimer.org

FREE Lifestyle Classes for Brain Health

Provided to you by OCCK Inc. in partnership with Dickinson County K-State Research & Extension

Where: 712 S Buckeye Ave, Abilene, KS
When: Mondays Starting Sept. 30th from 7-8 pm

Register Today!
Call 785-829-6207 or Email mcarlgren@occk.com
1710 W. Schilling Road, P.O Box 1160 · Salina, KS 67401 · 1-800-526-9731 · occk.com