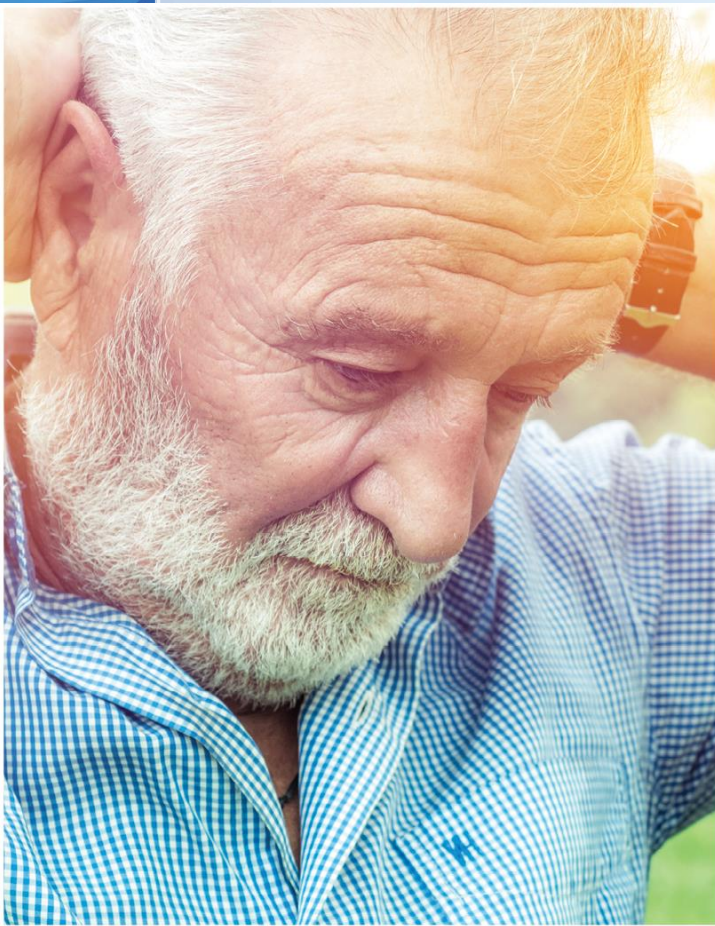


IMPORTANT WEBINAR



June is Alzheimer's and Brain Awareness Month: Brain Health: Strategies for Staying Well While Caring for a Family Member with Memory Loss



Scientists now know that our brains change throughout life. Keeping our brains healthy will go a long way towards extending our quality of life as well as how long we live. While many factors that affect brain health are things we can't control, there are many more actions we can take that will help prevent brain injury, disease, and cognitive decline. This interactive presentation includes activities so you can assess your own brain health habits and plan activities that will help you and your loved one with memory loss.

Join us for this free, interactive session on either your computer or on your telephone.

FOR MORE INFORMATION:
Contact Mary Catherine Lundquist at
lundqumc@ubhc.rutgers.edu or call
Care2Caregivers at 800.424.2494

June 12, 2024 | 1:00-2:00 pm

Click [HERE](#) to register.

*After registering, you will receive a confirmation email
containing information about joining the meeting.*

800-424-2494

RUTGERS HEALTH

University Behavioral Health Care
COPSA Institute for Alzheimer's Disease & Related Disorders