

# ALZHEIMER'S ASSOCIATION ALOHA CHAPTER & UNIVERSITY OF HAWAII MANOA COOPERATIVE EXTENSION PRESENT THE



## 2019 Brain Health Lunch Time Series

**When:** 4th Thursday of each month, 12noon – 1:00pm

**Where:** Community Services Building, UH Maui College Campus

**Who:** Everyone!

**Cost:** Free, bring your own lunch

**Register:** Christine Spencer, 808.591.2771 ext.8235

### Monthly Workshop Dates & Topics

Jan 24 Debunking Myths: Be a Savvy Brain Health Consumer

Feb 28 Brain Health: 10 Ways to Love your Brain

Mar 28 Brain Health: Fuel Up Right

April 25 Brain Health: Managing Stress & Mental Health

May 23 Brain Health: Break a Sweat

June 27 Brain Health: Stump Yourself

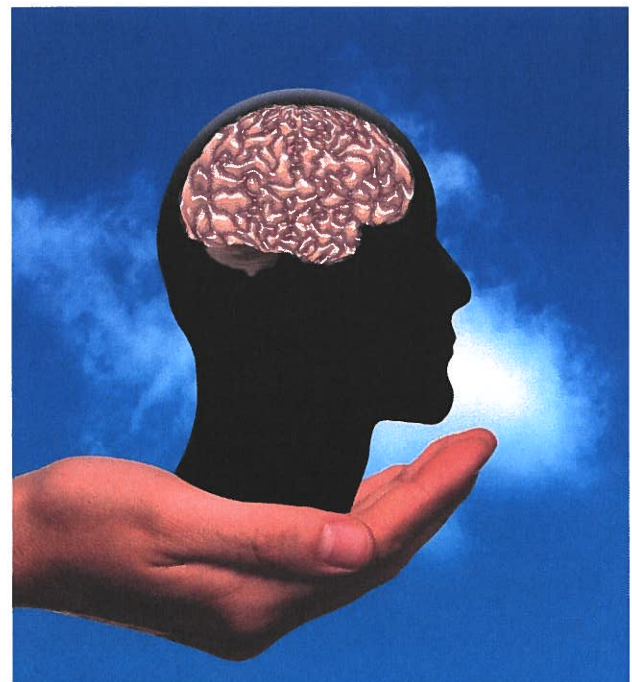
July 25 Brain Health: Catch the ZZZs

alzheimer's   
association®



**Cooperative Extension Service**

College of Tropical Agriculture and Human Resources  
University of Hawai'i at Mānoa



This program is accessible for individuals with disabilities. For information or to request an auxiliary aid or service, contact 244-3242 / TTY 800-222-1222 seven days before the workshop.