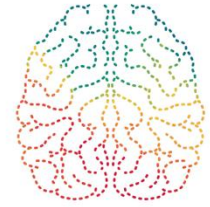


Maintain Your Brain

6-week Group Health Coaching Program



Almost 2/3 of Americans living with Alzheimer's are women. What can we do to prevent Alzheimer's or age-related cognitive decline? While there is no cure, there is growing evidence that a healthy lifestyle can delay, slow, or even prevent Alzheimer's and other dementias.

In a small group (6-8 people), we'll use a *health coach* approach* to “maintain your brain.” You'll learn about accessible lifestyle choices that help delay or prevent brain disease and promote healthy minds. We will explore six pillars of brain health, including nutrition, fitness, sleep, social connection, intellectual stimulation, stress resilience & meditation.

Join us to learn more about the positive effects that a healthy diet, physical activity, and a variety of lifestyle choices can have on your brain health and overall well-being.

**Small group health coaching uses the power of peer support, positive psychology, personal strengths and resources, goal-setting, action steps & mind/body practices to set achievable goals for permanent lifestyle change. Together, we'll nurture our best brain possible for optimum health and performance.*

Date: February 20, 27 & March 5, 12, 19, 26

Day: Thursdays

Time: 2:00 - 3:15 pm

Where: **FITNESS By Design**, 4715 Grand Avenue, parking on Polk Blvd or upper parking lot. Enter through west entrance.

Fee: \$100

Instructor: Susan Skinner, Functional Medicine Certified Health Coach

To register, please contact:

Susan Skinner at 515-664-5693 or shskinner59@gmail.com

Barb Mendoza at 515-770-3844 or barbworkout@gmail.com