

New York State Assembly • Albany, NY 12248

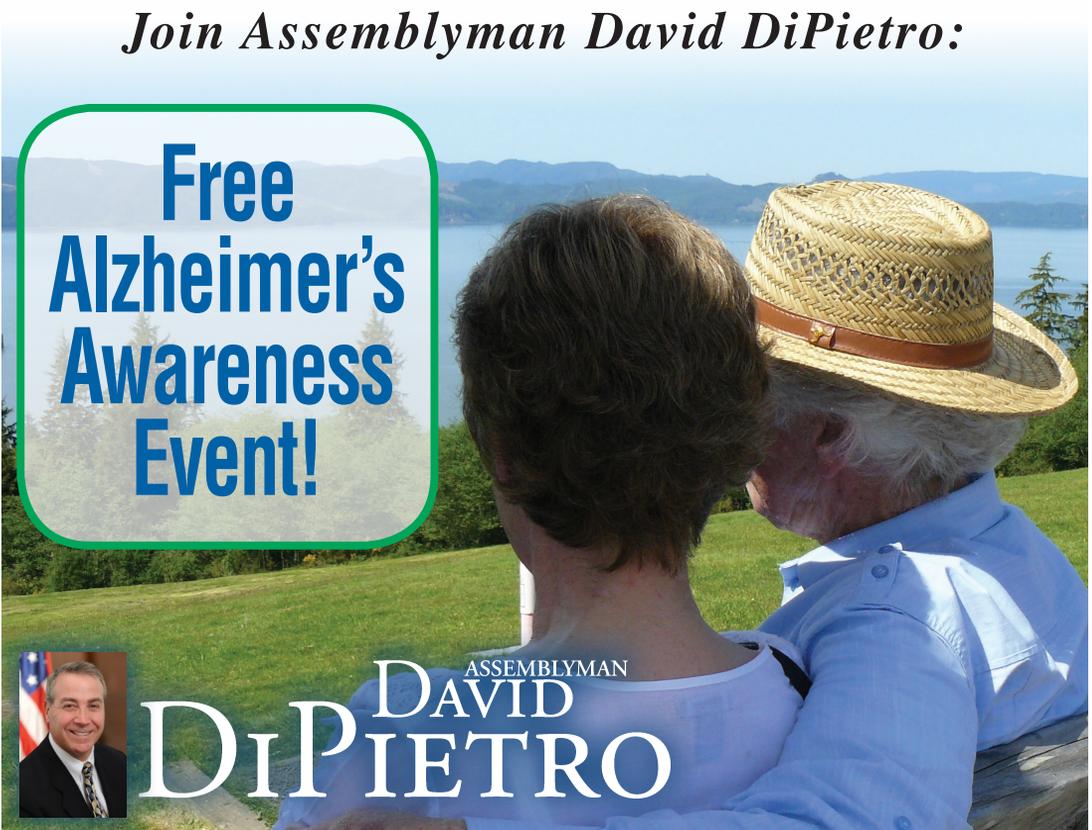
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*Join Assemblyman David DiPietro:*

**Free  
Alzheimer's  
Awareness  
Event!**



ASSEMBLYMAN  
**DAVID  
DiPIETRO**



**Assemblyman David DiPietro will offer a FREE one-hour class on brain health during Alzheimer's Awareness Month.**

**Date:** August 8, 2018

**Time:** 6:00 p.m. - 7:30 p.m.

**Place:** East Aurora Senior Center  
101 King Street  
East Aurora, NY 14052

Call the WNY Alzheimer's Association at  
**1-800-272-3900** to secure your seat.

Registration encouraged, but walk-ins are welcome!



ASSEMBLYMAN  
**DAVID  
DiPIETRO**

For questions on this or any other state matter, please contact me at:

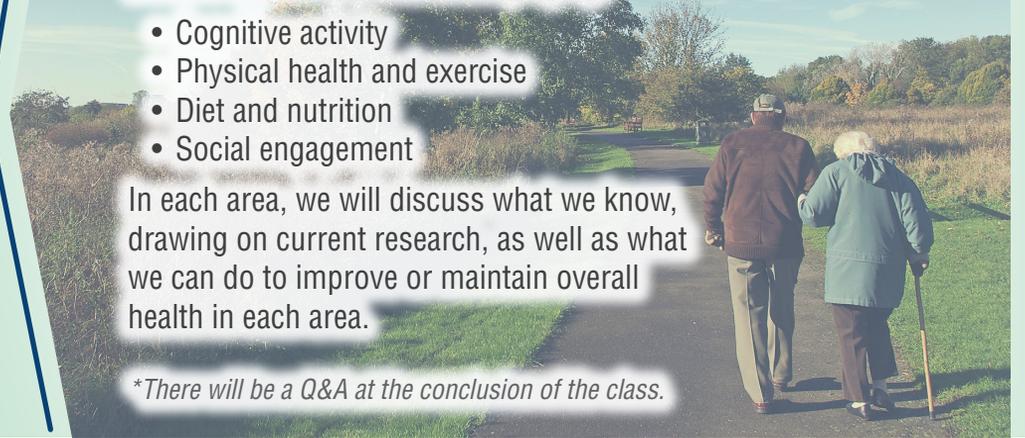
**Healthy Living for Your Brain and Body:**

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. This workshop covers four areas of lifestyle habits that are associated with healthy aging:

- Cognitive activity
- Physical health and exercise
- Diet and nutrition
- Social engagement

In each area, we will discuss what we know, drawing on current research, as well as what we can do to improve or maintain overall health in each area.

*\*There will be a Q&A at the conclusion of the class.*



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