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Making longer lives, better lives.

FOR IMMEDIATE RELEASE

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Subject: Healthy Living for Your Brain

Traverse City – What does physical activity, social engagement and the food you eat have to do with how your brain functions? It turns out a lot. While it has always been known that what you eat affects your body and how you look, researchers are also learning that the health of the brain, similar to that of the heart, is influenced by your lifestyle. Your brain takes care of your thoughts and movements, your breathing and heartbeat, your senses — it works 24/7, even while you're asleep. So, when you focus on giving your body good nutrition, physical exercise, stimulating mental activities and social interaction, it also goes a long way towards supporting the healthy brain function you need to live well.

To learn more about a healthy brain, attend a presentation given by Maggie Hardy, the regional Director for the Alzheimer's Association, Greater Michigan Chapter, on Tuesday, October 17, 3:30 p.m., at the Traverse City Senior Center, 801 E. Front Street. She will present current research and recommendations about nutrition, exercise, cognitive activity and social engagement. Part of the presentation will be using hands on tools to develop a plan for healthy aging.

The presentation is free, but advance registration is required.

For more information and to register, email dmikowski@grandtraverse.org or call 231-922-4911.

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