



Arlington Neighborhood Village
Making Arlington your home for a lifetime

www.arlnvil.org

703-509-8057

**Join Arlington Neighborhood Village
at an exciting seminar on**

Brain Health—What's New? What Can You Do?

Changes in how we think are inevitable as we age, but do you know what is normal as opposed to when you should be concerned? Many of us do not have a good understanding of these issues. And many are not doing all they could to protect and nurture their brains.

Brigid Reynolds, NP, a researcher on brain health at Georgetown University, will discuss this topic in detail and provide tips on how to keep your brain healthier. Get the latest info on:

- How our thought processes change as we age.
- Healthy aging and what you can do now—best practices for brain health.
- What are the early signs of Alzheimer's Disease (AD).
- Recent research advances towards treatment and prevention of AD.
- Ongoing treatment and prevention trials on AD.
- How to become involved in AD research.
- Where to go for information about brain health and AD prevention trials.

When: Tuesday, October 16, 1:30 -- 2:45 pm

Where: Arlington Mill Community Center, 703-228-7369
909 South Dinwiddie Street at Columbia Pike

Free parking is available in the garage under the Center.
Access to the garage is via South Dinwiddie Street.