



**Alzheimer's  
Resource  
of Alaska**



Caregiving 101 Webinar:

# Healthy Body, Healthy Brain

**Wednesday, November 9**

11:00 AM - 12:30 PM

[CLICK HERE TO REGISTER](#)

**For more information or  
registration assistance please  
call or email: Joan Adams**

✉ [jadams@alzalaska.org](mailto:jadams@alzalaska.org)

☎ [907-452-2277](tel:907-452-2277)

Research shows that healthy habits can affect not only our brain, but our body, mind, and spirit.

Come learn what the latest studies teach us about healthy living and maintaining the brain in fun ways!

*Free to attend! Registration required.*