

Are you concerned about age-related
memory loss and dementia?

Come find answers and learn memory-boosting techniques!



CENTRAL BAPTIST VILLAGE

BRAIN HEALTH EXPO

A FULL-DAY FREE EVENT

FREE MEMORY SCREENINGS

ALZHEIMER'S PREVENTION

BRAIN FITNESS PROGRAMS

BRAIN-BOOSTING ACTIVITIES

BRAIN NUTRITION

... and more!

See full
schedule
inside!



BRAIN HEALTH EXPO SCHEDULE

**Come for one program
or stay for the day!**

9:30 A.M.	Body & Brain Exercise Class
10:00	Total Memory Workout with Pat Stacy Cohen This presentation kicks off a six-week interactive course on memory improvement and brain health. You'll be able to sign up to attend the full 6-week course!
11:15 - 12:45 P.M.	Free Confidential Memory Screenings RESERVE YOUR APPT. TODAY! By appointment only 708-583-8549
1:00	Painting, Polka, or Piano: How Creativity Boosts Your Brain with Theresa Dewey, LCPC, ATR Get your creative juices flowing! According to neuroscience research, those "juices" are real and can even help promote healthy brain functioning. In this interactive presentation, learn creative pursuits that can benefit your brain, cognition and mood. Includes at-home practices and an interactive, hands-on art project.
2:00	The Mind Diet with Registered Dietitian Jennifer Ventrelle MS, RDN, CPT & MIND Trial Project Manager Chiquia S. Hollings, MPH A dietary intervention focused on nutritional approaches for healthy brain aging and delayed onset of dementia.
3:00	Understanding Your Genetic and Non-Genetic Risk For Alzheimer's Disease with Anne Marie Fosnacht , a Senior Clinical Research Associate at NorthShore University HealthSystem and project manager for the Center for Brain Health

CENTRAL BAPTIST VILLAGE

We serve and celebrate seniors of all faiths with tailored senior living options:

INDEPENDENT LIVING

ASSISTED LIVING

NURSING CARE

SHORT-TERM REHAB

3-LEVEL MEMORY CARE
UNDER ONE ROOF

LEARN MORE
WWW.CBVILLAGE.ORG

CENTRAL BAPTIST VILLAGE

BRAIN HEALTH EXPO

Friday, Sept. 15
9:00 a.m. - 4:00 p.m.

4747 N. Canfield Ave.
Norridge | 708-583-8549

Join Central Baptist Village, the brain wellness and memory care specialists, as we bring in the experts for this full-day brain health, fitness and memory care expo!

COME SPEND THE DAY WITH US!

You're welcome to attend any and all expo activities. Everyone's invited and *its free!* Come and go as you like, or stay all day and take a campus tour. Meet our staff and residents, and enjoy "brain food" snacks!

Learn about our TOTAL MEMORY WORKOUT

The expo is also a kick-off to a special 6-week brain health course, exclusively offered by Central Baptist Village.

YOU'RE INVITED TO A FULL DAY OF BRAIN-BOOSTING FUN!

Seminars with
Brain Health experts

Art & music programs

Memory-building
activities

Free confidential
memory screenings

Brain food snacks &
refreshments

**RESERVE YOUR
FREE MEMORY SCREENING
APPOINTMENT TODAY:
708-583-8549**

