

*Join Assemblyman Angelo J. Morinello:*

New York State Assembly • Albany, NY 12248

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**Free  
Alzheimer's  
Awareness  
Event!**

ASSEMBLYMAN  
ANGELO ★ J.  
MORINELLO

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

**Date:** June 27, 2018

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

**Place:** The Golden Age Center  
3278 Whitehaven Rd.  
Grand Island, NY 14072

Call the WNY Alzheimer's Association at 1-800-272-3900 to secure your seat. Registration encouraged, but walk-ins are welcome!

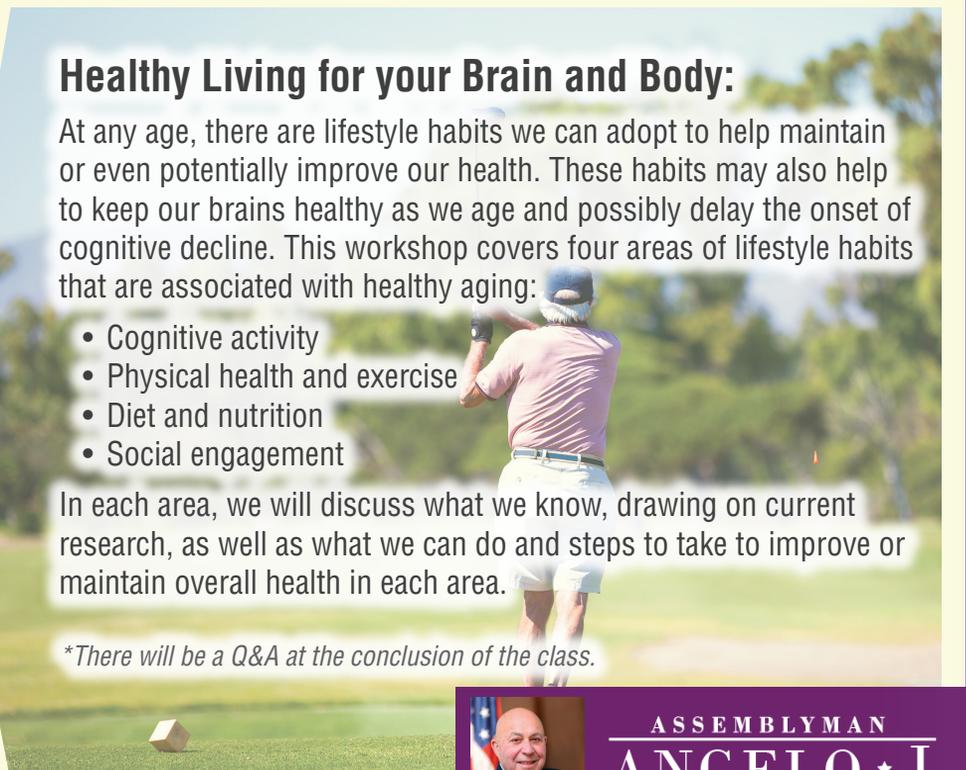
**Healthy Living for your Brain and Body:**

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 and steps to take to improve or maintain overall health in each area.

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



ASSEMBLYMAN  
**ANGELO \* J.  
MORINELLO**

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