



alzheimer's 
association

JUMP INTO FALL: Exercise for a Healthy Brain

Join in a discussion on how important exercise is for you and how it improves brain function, thinking, memory, and mood and how it can reduce falls and dementia. Join in an interactive workshop where you will learn how to do exercise safely and correctly.

WHEN

Sunday, October 14th
2:00PM-4:00PM

WHERE

Berea Seventh-day
Adventist Church
108 Seaver Street,
Dorchester, MA 02121

FEATURING

Karin Schon, PhD

Assistant Professor, Department of
Anatomy and Neurobiology, Boston
University School of Medicine



MASSACHUSETTS
Alzheimer's Disease
Research Center

FREE TO ATTEND!

Refreshments will be provided

Register online at
[alzmassnh.org/
meeting-of-the-minds](http://alzmassnh.org/meeting-of-the-minds)
or call 800-272-3900.

