

Led by Wellness Journeys

# Brain Health Workshop

## *The Prevention of Alzheimers*

### 4-Week Workshop

Alzheimer's is the fastest-growing epidemic in the West—but the brain changes begin decades before symptoms appear. The time to act is now!

Learn the tools for prevention and maintaining a healthy brain, including:

- **Gut Microbiome & Nutrition** - How diet and gut health impact mood, cognition, and brain health
- **Identifying them and how to avoid them**
- **Sleep** - The most important time to repair damage
- **Stress** - The best ways to manage our chronic stressors
- **Exercise** - How movement creates healing brain chemicals



#### **DATES**

9/9, 9/16, 9/23, 9/30



#### **TIME**

12-1:00pm



#### **ZOOM**

SCAN ME



**BOCC Employees:** This YourChoice workshop earns points in the **Emotional** wellbeing pillar for Manatee Thrives.

