



**UPBEAT Aging Board** presents:

## Continuing Education for Upbeat Agers

### Healthy Habits for a Healthier You

Science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**Guest Speaker: Cynthia Vargo**

**alz.org**® | alzheimer's association®

**Regional Director**

**Alzheimer's Association**

**Desert Southwest Chapter**

**FRIDAY OCTOBER 9th**

**10:00 AM—11:00 AM**

**Classroom 1**

**Red Mountain Multigenerational Center**

**7550 E. Adobe Road, Mesa AZ**

**Please register:** Call Mesa PD at 480-644-5014 or  
Deaune Jacobs with EVAR at 480-218-2221

Sponsored by the Mesa Police Department's Upbeat Aging Board in partnership  
with East Valley Adult Resources