

## FREE EDUCATIONAL SEMINAR

ST. CATHERINE'S VILLAGE and ALZHEIMER'S MISSISSIPPI present the

# NOURISH YOUR NOGGIN SERIES



Join us for this free educational series promoting the importance of keeping our brains healthy as we age. Speakers will present thought-provoking information on changing the way we think about brain health and practical strategies for keeping our brains healthy. We will also learn what is normal age-related memory loss, warning signs for dementia, the importance of emotional and spiritual health, and coping strategies for caregivers.

### MARCH 21 ***How To Grow Your Brain***

Learn specific proactive actions to improve your brain health. It's not too late to add or change lifestyle habits that will benefit your brain.

### APRIL 18 ***All Is Well With My Soul***

Learn the importance of emotional and spiritual health to your brain and life.

### MAY 16 ***The Search Continues***

Learn about the newest results and current trials in the search for a cure and/or treatment.

### JUNE 20 ***(Keeping) Sanity and Caregiving***

Learn coping techniques and tips to reduce caregiver stress from current and former caregivers.



**ST.  
CATHERINE'S  
VILLAGE**

a service of St. Dominic's

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**(601) 987-0020**

or email [askelton@alzms.org](mailto:askelton@alzms.org)



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