

# LUNCH AND LEARN

*MIND Diet*



*Wednesday, January 16, 12:00 pm - 1:00 pm*

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition (particularly the MIND Diet!), exercise, cognitive activity and social engagement.



**Speaker:**  
*Richard Elbein, CEO, Alzheimer's Association, Houston and Southeast Texas Chapter, and Registered Licensed Dietitian*

