



# HEALTHY LIVING for your BRAIN & BODY

## "5 PILLARS OF BRAIN HEALTH"

### 12-WEEK PROGRAM

**Join Us Every Monday at 2pm**

**Begins March 8—Ends May 24**

Over the course of the next 12-weeks, you will achieve five important goals. During the first week, you will start five new habits each day based on the five pillars, and then repeat the new series of habits the following week. In the third week, you'll incorporate more habits into your days until you've reach the 12th week with a whole new rhythm. Tailor this program to your needs and abilities. The *"Keep Sharp"* book is not a requirement; however, it may be helpful.

*You may want to check with your doctor about beginning this new program, especially if you have any underlying health issues.*

### **"5 Goals to Becoming SHARPER"**

1. Move more; get into a routine.
2. Find new ways to stimulate your brain.
3. Prioritize restful, routine sleep and practice daily distressing practices.
4. Introduce a new way of nourishing your body.
5. Connect authentically with others.

### **"5 Pillars of Brain Health"**

**MOVE:** exercise, both aerobic and strength training is not only good for the body; it's even better for the brain.

**DISCOVER:** picking up a new hobby, learn a new piece of software or language can strengthen your brain.

**RELAX:** relaxing is not solely a physical thing for the body; your brain needs to chill out too.

**NOURISH:** the link between diet and brain health has long been anecdotal. But now there is evidence to show that consuming certain foods while limiting others can help avoid memory and brain decline, protect the brain against disease, and maximize its performance

**CONNECT:** in person and face-to-face connections boost brain function. Interacting with others not only helps reduce stress and boosts our immune system; it can also decrease our risk for cognitive decline.

Questions? Call Jamie Guay at 864.312.6434 or [jguay@alz.org](mailto:jguay@alz.org)

To register: visit