

How to 'Prevent' Dementia and Keep your Brain Healthy

ALDEN Courts
of Waterford
MEMORY CARE COMMUNITY

Learn how to 'prevent' the onset of dementia! Over 13 million Americans have Alzheimer's Disease. If you had the opportunity to learn how to 'prevent' the onset of dementia, would you take it? This presentation will discuss the risk factors associated with Alzheimer's Disease and proven techniques on how to 'prevent' the onset and symptoms of dementia.



Tuesday, November 6 • 5:30 - 7 p.m.

Presenter: Dr. Jennifer Stelter, Psy.D., CDP, CADDCT, CCTP, Operations Director of Clinical Programs for The Alden Network

Refreshments will be served

RSVP Requested: Call 630-851-1466 or register online at www.AldenCourtsOfWaterford.com/Dementia

Alden Courts of Waterford Memory Care Community

1991 Randi Drive | Aurora, IL | 630-851-1466 | www.AldenCourtsOfWaterford.com