

Keeping Your Brain in Shape: The Importance of Proactive Brain Health

The brain is an important organ that often doesn't get the attention it deserves. It is our body's command center and as we age, we are at an increased risk for cognitive impairment. However, research is finding that there is much we can do proactively to keep our brain in shape as we age and reduce the risk of cognitive impairment later in life. Join us for this webinar in the month of June, which is Alzheimer's Disease and Brain Health Awareness Month, to learn more about proactive brain health.

Objectives:

- Review the risks of cognitive impairment in later life
- Understand the importance of brain health across the lifespan
- Learn about the five pillars of brain health
- Discover resources to support cognitive engagement and brain health



WEDNESDAY

June 1, 2022

10:00 AM (PT) • 11:00 AM (MT)
12:00 PM (CT) • 1:00 PM (ET)

Includes one complimentary CE credit.

CEs will be available for 60 days after the live event. You can also catch the recording in podcast form. Search "Empowering Professionals in Aging" in your favorite podcast app.

The continuing education (CE) credits are offered in cooperation with the American Society on Aging. For more information and to complete the required pre-registration, go to

HomeInstead.com/professionals



The Home Instead Network

More than 65,000 Home Instead CAREGiversSM worldwide are trained to provide services to aging adults and their families. These services include support for seniors living with Alzheimer's disease and providing assistance with Activities of Daily Living (ADLs), personal care, medication reminders, meal preparation, light housekeeping, errands, incidental transportation and shopping. At Home Instead, it's relationship before task while continuing to provide superior quality service that enhances the lives of aging adults everywhere.