





## BRAIN HEALTH & GARDENING SERIES

## CULTIVATING WELLNESS AT EVERY AGF

Join us for Three age-specific sessions combining Alzheimer's brain health education with garden-based wellness activities.

AGES 50+

WEDNESDAY, SEPTEMBER 24<sup>TH</sup> AT 1 PM

**AGES 30-50**WEDNESDAY, OCTOBER 1<sup>ST</sup> AT 6:30 PM

AGES 18-30
WEDNESDAY

WEDNESDAY, OCTOBER 8<sup>TH</sup> AT 6:30 PM

REGISTER HERE!





## ALZHEIMER'S ASSOCIATION OFFICE

LOCATED IN THE MARS CORPORATE CENTER 25200 TELEGRAPH ROAD SUITE 100 SOUTHFIELD, MICHIGAN 48033