

FOR COUNTY OF SANTA CLARA EMPLOYEES

# KEEPING OUR MINDS SHARP

*How food can help prevent Alzheimer's and Dementia*

**Tuesday, June 7, 2022**

**12:00 P.M. - 1:00 P.M.**

Staying active and eating well-balanced meals are proven ways to prevent Alzheimer's and Dementia.

In this webinar, participants will:

- Learn important nutrients for maintaining a healthy brain
- Discuss foods that may increase risk of developing Alzheimer's and Dementia

## Register for the webinar:

[https://ymcasv.zoom.us/meeting/register/tZMtd-6qqzMqGtUPncMwmh8leBu\\_2SXje-6G](https://ymcasv.zoom.us/meeting/register/tZMtd-6qqzMqGtUPncMwmh8leBu_2SXje-6G)

After registering, you will receive a confirmation email containing information about joining the meeting.

Presented by



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