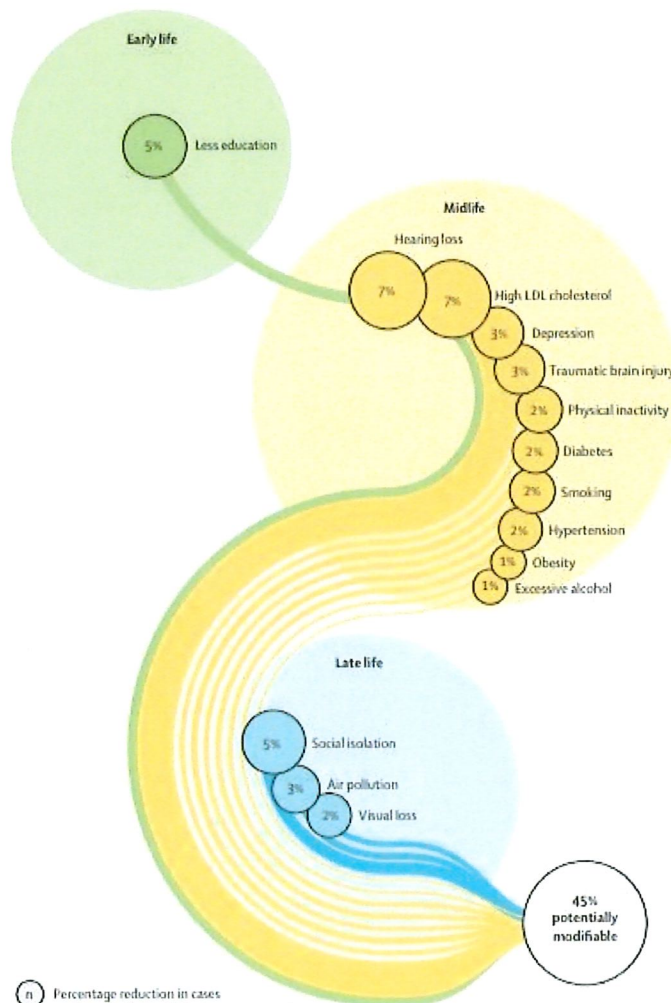


HOPE

Healthy Options for Prevention Excellence*

Improving Brain Health, Reducing Risk of Dementia, Delaying Onset of Dementia Symptoms and Slowing Progression of Dementia Symptoms

The Treasure Valley Family YMCA in partnership with Saint Alphonsus Memory Center is excited to bring to you a once-a-month online (virtual) free education program on evidence-based lifestyle-medicine strategies and treatment of potentially modifiable risk factors to improve brain health and reduce one's risk of dementia.



ⁿ Percentage reduction in cases of dementia if this risk factor is eliminated

Reprinted from The Lancet, 404, Gill Livingston, Dementia prevention, intervention, and care: 2024 report of the Lancet standing Commission, 572-628, 2024, with permission from Elsevier.

SAVE THE DATE!

- ✓ Did you know that research to date have identified 14 potentially modifiable risk factors for dementia?
- ✓ These 14 factors account for approximately 45% of dementia cases!

Please join us for monthly HOPE meetings. Let's help each other live our best lives possible by improving our brain health and reducing our risk of dementia. *Starting Tuesday, January 7th, 2024*

- 1st Tuesday of every month
- 12:00 – 1:00pm MST
- To register please contact Mary Biddle – Newberry at 208-344-5502, ext. 276 or mary.biddle@ymcatvidaho.org

Please share this flyer with your family, friends and local community.