



## **HOPE**

## **Healthy Options for Prevention Excellence\***

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

## 1st Tuesday of every month!

- 12:00 1:00pm MST
- To register, contact Mary Biddle Newberry at 208-344-5502, ext. 276 or mary.biddle@ymcatvidaho.org

This program is open to all community members!



July – Dr. Susan Melchiore

• "HTN – DM – Lipid Triple Threat."

August – Dr. Jennifer Shalz

• "Build Cognitive Resilence with the 6 Pillars of Lifestyle."

September – Dr. Kara Kuntz

Saint Alphonsus Memory Center

October – Dr. Sarah Toevs

• Boise State University

November-Dr. Kyle Davis

Healthy Sleep

To view previous presentations, please go to the following link:

https://ymcatvidaho.org/programs-events/health-fitness/



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