

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 Resilience 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/>