



Office of Public Information

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FOR IMMEDIATE RELEASE

DATE: October 11, 2019

RE: Healthy Living for Your Body and Mind

**Contact: Kim Salisbury, Chemung Department of the Aging and Long Term Care,
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The Department of Aging is partnering with the Alzheimer's' Association and The Community Arts of Elmira to bring a free presentation on *Healthy Living for your Body and Brain* on Thursday, October 17th 5:30pm- 7:30pm at the Community Arts of Elmira 413 Lake Street, Elmira. This program for the community centers on the connection between the health of the brain and the body. Presenters will use hands-on-tools to help you incorporate diet and nutrition, exercise, cognitive activity and social engagement into a plan for healthy aging. The program will include useful information, demonstrations on A Matter of Balance, Bone Builders and Tai Chi as well as Art Reflect exhibits. To register please call 737-5520.