



## **SBCC School of Extended Learning**

In Partnership with

**Alzheimer's Association**

# **HEALTHY LIVING FOR BRAIN AND BODY**

February 9, 2026

Schott Campus Auditorium  
at 12:00 pm

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

