

March 14

Living a Brain Healthy Lifestyle 2013



Age Proofing Your Brain

Join the Sussex Delaware Mental Fitness Partners on Thursday, March 14, 2013, 1:00 p.m.—4:00 p.m., for this year's interactive *Living a Brain Healthy Lifestyle* program

Our presenter this year will be Sharon R. Yoder. Dr. Yoder is an assistant professor in the College of Arts & Sciences at Wilmington University. She is also president of **Make It Happen Training Programs.**

The program will be held at:

University of Delaware Carvel Research and Education Center
16483 County Seat Highway, Georgetown, DE 19947
Registration check-in begins at 12:30 p.m.

Cost: FREE!

Register by calling the RSVP office at (302) 856-5815

Sussex Delaware Mental Fitness Partners:

- University of Delaware Cooperative Extension
- RSVP Sussex—Retired and Senior Volunteer Program
- The Cordrey Center
- Alzheimer's Association, Delaware Valley Chapter

Directions:

- At the junction of Route 113 & County Seat Highway (Rt. 9), Georgetown, turn west onto County Seat Highway (Exxon gas station on the southbound lane)
- Proceed approximately 4.7 miles to stoplight at Sussex Tech High School (on the right)
- Continue through stoplight approximately 1/4 mile to reach the UD Carvel Research and Education Center