



Attend the Health Fair on Alzheimer's Prevention!

Saturday, June 29, 10:00 a.m. - 2:00 p.m.

Speakers: 11:30 - 12:00 p.m. & 1:00 - 1:30 p.m.

Sunburst/International Lounge, Taggart Student Center

Utah State University Campus

FREE PARKING | BIG BLUE PARKING TERRACE

MIND Diet Friendly Appetizers/Small Plates served

Fair attendees will learn about:

- Risk and protective factors for Alzheimer's Disease
- Links between Health Conditions, Hearing, Balance, and Alzheimer's Disease
- Sleep, Stress, Chronic Pain, and Brain Health
- The MIND diet to promote health and well-being
- Social Engagement and Physical Activity to reduce Alzheimer's risk
- Blue Zone Principles, Centenarians, and More

Receive:

- Yoga instruction to enhance well-being
- Latest supports for persons with Alzheimer's and related disorders
- Community information and resources

Optional Activity

Prevent Alzheimer's for Life Study (PALS)

Personalize Your Experience: Join a Research Study at the Fair

- Eligibility: Adults age 55 or older
- Visit *all* 12 designated PALS research booths at the fair, receive a \$20 gift voucher
- Learn about *your* status on lifestyle behaviors related to Alzheimer's risk

Expect to take about one hour to participate in the PALS assessments and activities

- Be contacted in 3-6 months to complete a brief 5-10 minute follow-up survey
- Receive Invitations to future health fairs