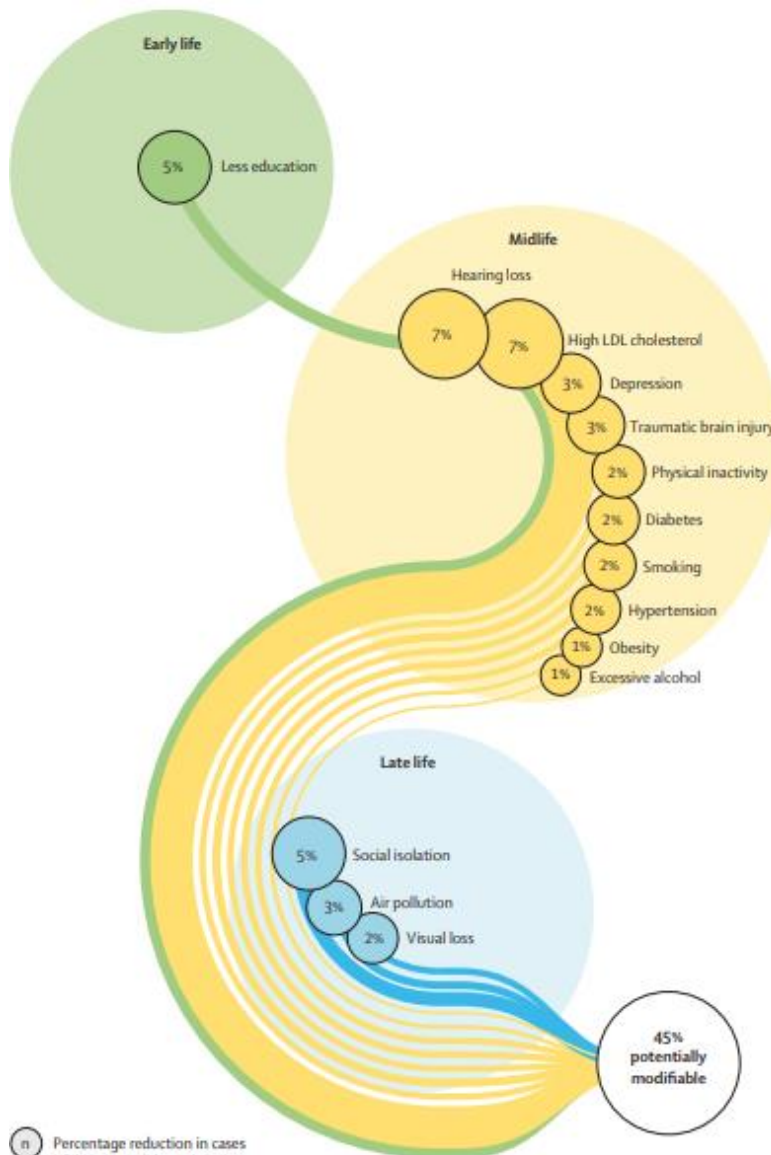


# HOPE

## Healthy Options for Prevention Excellence\*

Improving Brain Health, Reducing Risk of Dementia, Delaying Onset of Dementia Symptoms and Slowing Progression of Dementia Symptoms

- ✓ The Treasure Valley Family YMCA in partnership with Saint Alphonus Memory Center is excited to bring to you a once-a-month online (virtual) free education program on evidence-based lifestyle-medicine strategies and treatment of potentially modifiable risk factors to improve brain health and reduce one's risk of dementia.
- ✓ Did you know that research to date have identified 14 potentially modifiable risk factors for dementia? These 14 factors account for approximately 45% of dementia cases!



Percentage reduction in cases of dementia if this risk factor is eliminated

### SAVE THE DATE!

Please join us for monthly HOPE meetings. Let's help each other live our best lives possible by improving our brain health and reducing our risk of dementia.

**Tuesday, January 7<sup>th</sup>, 2025**

- 1<sup>st</sup> 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](mailto:mary.biddle@ymcatvidaho.org)

Please share this flyer with your family, friends and local community.



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