



The Brain Health Initiative

Education and Safety Programs related to Brain Health, Memory & Dementia



November is National Memory Screening Month!

- **Saturday, October 28, 10:00 am - 11:30 am: “Healthy Living for your Brain and Body: Tips from the Latest Research”.** Alzheimer’s Association speaker Mayra Ligeza discusses ways to keep your brain and memory healthy. *Light Refreshments will be served!*
To register: Contact Alzheimer’s Assn at 847.933.2413 or RF Township Supervisor Carla Sloan at supervisor@riverforesttownship.org.
Location: River Forest Township (located at the River Forest Community Center), 8020 Madison Street (corner of Madison and Thatcher), River Forest
- **Thursday, November 2, 9:00 am – noon: Free Confidential Memory Screenings.** Simple, safe “healthy brain checkup” to test memory and other thinking skills; initiative of Alzheimer’s Foundation of America.
To register: contact Steve Smith 708.383.8060; walk-ins welcome.
Location: Township Senior Services, 130 S. Oak Park Ave, Oak Park
- **Friday, November 17, 10:00 am - noon: “Alzheimer’s Research: Embracing the Future”.** Speakers Dean Hervochoon and Steve Satek from Great Lakes Clinical Trials present the latest research and the role played by clinical trials.
To register: Contact Steve Smith 708.383.8060.
Location: River Forest Township

Caring

Connection

Community

www.RiverForestTownship.org

708.366.2029