

Engage With Age Program

Engage with Age is a two-year partnership, initiated and funded by Southminster, in collaboration with UNC Charlotte and the Renaissance West Community Initiative to help decrease social isolation among elders in community and increase opportunities for intergenerational engagement.

Healthy Living for Your Brain and Body

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. Presented by the local Alzheimer's Association on Tuesday, July 16th, 2019, you will have an engaging talk on how healthy living is good for your brain and body.

**RSVP on the Engage With Age
Phone Line
704-714-3800**



WHERE:
*The Great Room at The Retreat
3240 New Renaissance Way*

WHEN:
Tuesday, July 16th, 2019

TIME:
2:00pm—3:00pm

There is no cost to attend, but you must register in order to participate.

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