

Marian Village Offers “Building Your Brain Power”

Marian Village in Homer Glen, part of the Franciscan Communities, is hosting “Building Your Brain Power” on Thursday, August 16, from 11:00 am-1:30 pm, featuring guest speaker Hadi Finerty, the Senior Manager of Education and Outreach for the Alzheimer’s Association-Illinois Chapter.

For centuries, we have known that the health of the brain and body are connected, but now science is able to provide insights into how to make lifestyle choices that help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, social engagement and hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Seating is limited and light refreshments will be served, so please RSVP by August 10 to 708-226-3733.

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