

Healthy Living for your Brain and Body

Tips from the
Latest Research



alzheimer's association

Please
join us!

Date: June 21, 2022

Time: 3:30pm -4:15pm

Location: Virtual (Teams)

Registration Link: [Click Here](#)

Join Kathryn Hull, current Blue Cross Blue Shield of New Mexico Wellness Coordinator and Community Educator for the Alzheimer's Association, as she presents "Healthy Living for your Brain and Body." This Alzheimer's Association program is designed to offer you research based recommendations about taking care of our brains and our bodies in order to age as well as possible.

We hope to see you there!



New Mexico
Public Schools
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