



Minding Your Mind



A 4-Week Program in recognition of Alzheimer's Awareness Month

🧠 Join us for a month of learning, connection, and fun as we explore ways to keep our minds and bodies strong! 🧠

Week 1: Understanding Alzheimer's Disease

Week 2: Nourish Your Brain

Week 3: Exercise Your Mind & Body

Week 4: Building a Brain-Healthy Lifestyle

Ringwood Community Center, 2nd Floor

11AM-12PM

Thursday, November 13th

Tuesday, November 18th

Tuesday, November 25th

Tuesday, December 2nd



Register on [CommunityPass](#) under
Health Department Programs 2025
For questions email: jbruno@ringwoodnj.net

