WHAT CAN YOU DO TO KEEP A HEALTHY BRAIN AND A SHARP MIND?

- EXERCISE REGULARLY.
- KEEP MENTALLY ACTIVE.
- AVOID UNPRODUCTIVE STRESS.
- GET A GOOD NIGHT’S SLEEP.
- EAT LIGHT AND HEALTHY.

For more information:

Alzheimer’s Association
(800) 272-3900
www.alz.org

Alzheimer’s Foundation of America
(866) 232-8484
www.alzfdn.org

Alzheimer’s Disease Education & Referral (ADEAR) Center
(800) 438-4380
www.nia.nih.gov/Alzheimers

Eldercare Locator
(800) 677-1116
www.eldercare.gov

Family Caregiver Alliance
(800) 445-8106
www.caregiver.org

NIH Senior Health
www.nihseniorhealth.gov/alzheimersdisease/toc.html

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COMMUNITY PARTNERS:
Babylon Family Services, Inc., Bethany Senior Center,
Christ Episcopal Church, Division of Senior Services,
City of Newark-Dept. of Child and Family Wellbeing,
Division of Senior Services, East Orange Office of Senior
Services, Irvington Senior Citizen Community Center,
New Hope Baptist Church, New Community Corp.,
St. James Missionary Society, Tri-City Peoples Corp.,
Vision of Hope-Community Development Corp.

THE RUTGERS-NEWARK
AFRICAN-AMERICAN ALZHEIMER’S
AWARENESS PROGRAM:
A UNIVERSITY-COMMUNITY PARTNERSHIP

In collaboration with local community organizations,
we are developing educational and memory fitness programs to promote brain health, cognitive vitality, and a better understanding of Alzheimer’s disease among African-American seniors in Greater Newark.

For more information, see:
http://memory.rutgers.edu/aging.html
Or visit our website: www.memory.rutgers.edu

Contact us at:
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(973) 353-3668

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