



**Join
us!**

**Monday,
November 5
10:30am**

Social Center
*on the campus of
Riverview*

5300 12th Street South
Fargo, North Dakota

*Light refreshments
will be served.*

Healthy Living for Your Brain and Body

Kendra Binger from the Alzheimer's Association will provide tips that may impact the aging process. She will cover four areas of lifestyle habits that are associated with healthy aging including cognitive activity, physical health & exercise, diet & nutrition and social engagement.

**Open to the public.
Bring a friend!**

For more information please call 701.237.4700.

 **CHI Living Communities**

Riverview

Independent Living Assisted Living

5300 12th Street South | Fargo, North Dakota | **701.237.4700**

homeishere.org