



The DelaWELL Program will host FREE, hour-long information sessions at various work locations from August 3 – 7, 2009 on:

# "Brain Health 101"

## You will learn:

- What you can do to keep your brain healthy
- The difference between Normal Aging, Dementia and Alzheimer's Disease
- The warning signs, diagnosis, disease process and treatments of Alzheimer's Disease
- Available resources for caregivers of family members or friends with Dementia or Alzheimer's Disease

*The classes will be led by a community educator from the Alzheimer's Association Delaware Valley Chapter*

To register for a location near you, visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the "Information Sessions" link. (Employees Only)

## Have Questions?

Contact the Statewide Wellness Office at  
1-800-556-6106