



**A FREE  
CARLETON-WILLARD  
HEALTH FAIR**

**FRIDAY, MARCH 13<sup>TH</sup>  
9:00AM - 1:00PM  
CARLETON-WILLARD VILLAGE  
100 OLD BILLERICA ROAD  
BEDFORD, MA**

## **BUILDING BETTER BRAIN HEALTH**

**VISIT INFORMATION STATIONS**, receive practical tips and watch demonstrations to learn how to keep your brain strong and prevent memory loss · Learn about the links between nutrition, exercise, your heart and a strong memory · Hear the latest research on preventing and treating memory loss disease · **KEYNOTE PRESENTATION BY DR. ROBERT STERN, CO-DIRECTOR, BOSTON UNIVERSITY ALZHEIMER'S DISEASE CENTER** · The Boston University Alzheimer's Disease Center will be offering 20 minute individual cognitive memory screenings · **SCHEDULE A MEMORY SCREENING NOW** to see how your memory compares with others your age. All screenings by appointment. **CALL 781-275-8700** · **DEMONSTRATIONS AND RAFFLE FOR FREE NINTENDO Wii SYSTEM** courtesy of Nintendo and Best Buy · **LIGHT REFRESHMENTS** · Pre-registration encouraged. For **INFORMATION AND DIRECTIONS** visit **CWVILLAGE.ORG** or call **781-275-8700**.



**CARLETON-WILLARD VILLAGE**



*Presented by Carleton-Willard Village and the Boston University Alzheimer's Disease Center*