



\$25 gift card incentive will be given out to those who attend

Hualapai Community Health Representatives

# Are you interested to learn about Alzheimer's?

Open to CHRs, CHWs, Caregivers, IHS Staff, and Community Members

## EVENT HIGHLIGHTS

### “Balance for Brain Health”

The choices you are making today have an impact on your risk of developing dementia later in your life. Using the traditional medicine wheel to illustrate the wholistic approach needed for brain health and keeping aspects of health in balance, participants will learn how to prioritize and take control of their brain health and reduce their risk of developing dementia.

### “WALK WITH ME,” Using Music to Connect and Support Someone with Memory Loss

As people develop memory loss, Alzheimer’s disease or another form of dementia, it can be difficult to know how to connect, interact and motivate individuals. What if you had a tool that had the ability to remind, connect, soothe, motivate, distract and move people living with memory loss? Join us as we explore how to use music as a way to increase quality of life for both the person living with memory loss and those who care about them.

### Delicious Food

Enjoy a delectable spread of food and refreshments throughout the event.

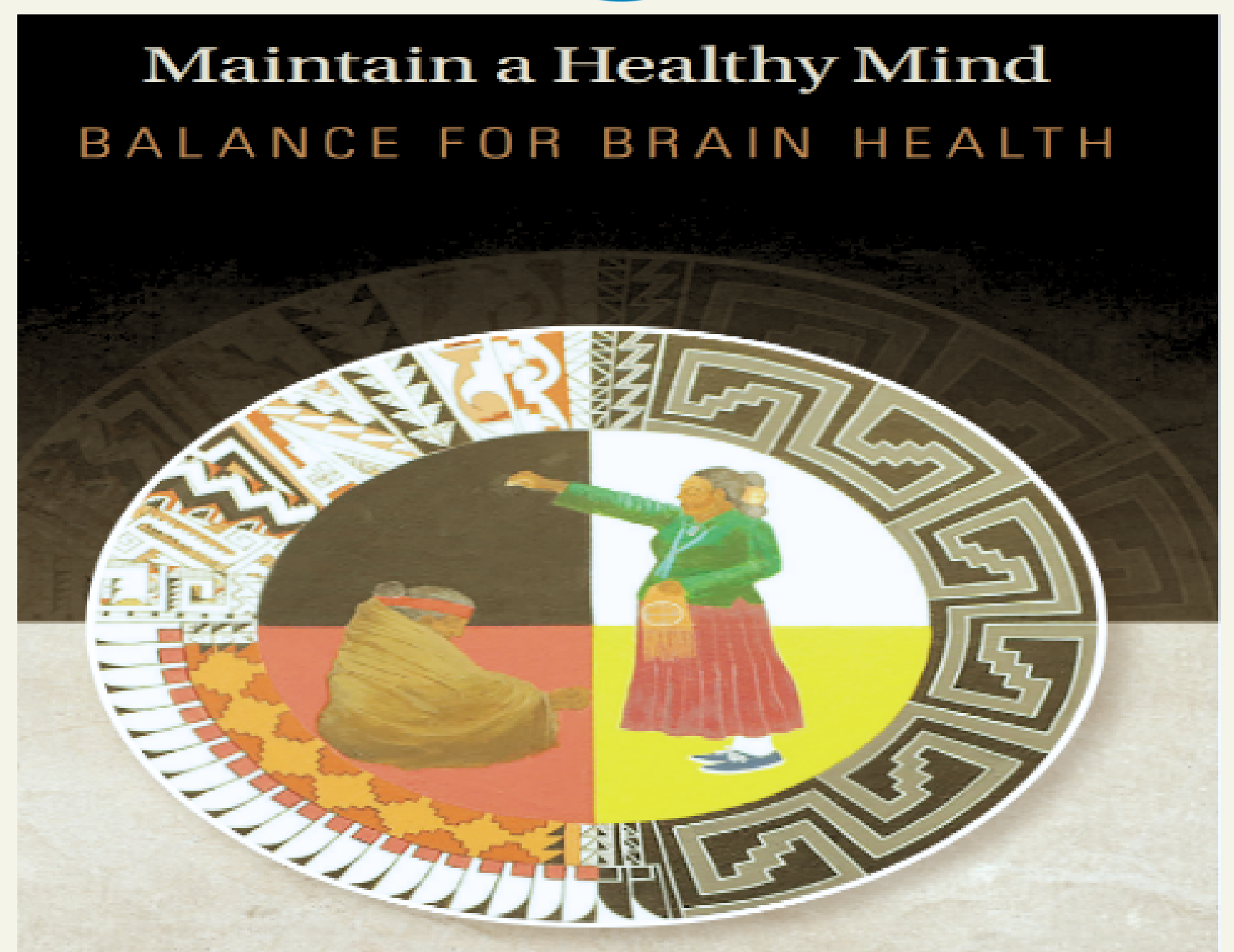
### Attendance Matters

Get a chance to win a prize when you attend

1st 20 people that register now will receive a gift bag. To register scan the QR Code.

Contact Us (928)769-2207 - CHR Lucia Lee

Event is sponsored by:



10 AM - 1 PM  
**10**  
JUNE 2024  
HUALAPAI HEALTH EDUCATION AND WELLNESS DEPARTMENT - LARGE CONFERENCE ROOM  
488 HUALAPAI WAY,  
PEACH SPRINGS, AZ. 86434