

THE ALZHEIMER'S DIET WORKSHOP

Hosted by Community and Family Builders



Join us for an opportunity to learn how proper nutrition promotes brain health. We will make and share healthy and tasty recipes, including nutritionally sound finger food options for those who have stopped using utensils.

For more information, please email communityfamilybuilders@gmail.com or call 412.302.2952.

**Saturday, January 20
11 a.m.
via Zoom**

**Facilitator Professor Laura Huth,
Chatham University**

Register in advance at the link:

<https://us02web.zoom.us/j/60292000000>

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