



Changing Strangers into Neighbors and Neighbors into Friends

How To Keep Your Brain Healthy at 60, 70, 80+

**Join your Neighbors for a FREE Presentation by
Chris Thompson, PhD, One of CA's Top Healthy Aging Doctors**

**Thursday, March 12 at 1:30 PM
Bethel Church at 2525 Alemany Blvd.**

**Bring a friend, neighbor, or family member and learn:
The most important things we can do to keep our brains healthy
Activities to strengthen your memory
Why exercise is smart—for your brain!**

**For more information, contact Patti Spaniak at pspaniak@me.com or 646-409-7775
Translation in Spanish and Cantonese will be available**

Chris Thompson is on the faculty of the University of San Francisco's Kinesiology Department. **He has a special interest in brain health** with an emphasis on physical activity **and is one of the people behind the "Always Active" programs.**



**COMMUNITY
LIVING CAMPAIGN**

*Transforming Lives by Building Aging
and Disability Friendly Neighborhoods*

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