

# Home Care Agency, Seniors Helping Seniors hosts Speaker Session on Healthy Living for Brain and Body

*Seniors Helping Seniors Greater Livingston Home Care is pleased to invite the community to a free educational session, "Healthy Living for your brain and body"*

LINDEN, MI, UNITED STATES, August 14, 2024 /EINPresswire.com/ -- Seniors Helping Seniors



At Seniors Helping Seniors Home Care, we are committed to providing resources and support to help our community thrive."  
*Anna Attard, Owner of Seniors Helping Seniors of Greater Livingston Country*

Greater Livingston Home Care in Linden, MI is pleased to invite the community to a free educational session titled "Healthy Living for your brain and body on Wednesday, September 4th, at 10a at the Loose Senior Center, located at 707 N Bridge St, Linden, MI 48451. This informative session is presented by the Alzheimer's Association and is designed to empower individuals with the knowledge to improve their brain and body health as they age.

For centuries, we've known that the health of the brain and the body are interconnected. But now, thanks to modern

science, we have greater insights into how lifestyle choices can impact our overall well-being. This program will explore groundbreaking research in the areas of diet, nutrition, exercise, cognitive activity, and social engagement. Attendees will also receive hands-on tools to help them incorporate these findings into a practical plan for healthy aging. This session is an invaluable opportunity for anyone interested in learning how to maintain a healthy brain and body, especially as we age. Whether you are caring for a loved one, interested in personal wellness, or simply want to learn more about the latest research in healthy living, this event is for you.

## Event Details:

Title: Healthy Living for Your Brain and Body

Date: Wednesday, September 4, 2024

Time: 10:00 - 11:00 a.m.

Location: Loose Senior Center, 707 N Bridge St, Linden, MI 48451

Cost: Free of Charge

"At Seniors Helping Seniors Home Care, we are committed to providing resources and support to help our community thrive," said Anna Attard, Owner at Seniors Helping Seniors Greater Livingston Home Care. "We believe that knowledge is a powerful tool for health prevention, and this session offers valuable insights that can make a significant difference in the lives of our neighbors and loved ones."

We encourage everyone to join Seniors Helping Seniors for this engaging and educational session. Light refreshments will be provided, and there will be an opportunity to ask questions and interact with the speaker from the Alzheimer's Association.

**RSVP Information:**

To save your spot, please contact Anna at (810) 412-7270 or [anna@shslivingston.com](mailto:anna@shslivingston.com) by September 1st.

For more information about this event or other services offered by Seniors Helping Seniors Home Care, please visit <https://seniorshelpingseniors.com> or call 810-412-7270.

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**Upcoming Speaker Session:**

**HEALTHY LIVING FOR YOUR BRAIN AND BODY**

HOSTED BY

Seniors Helping Seniors®

alzheimer's association®

**FREE EVENT**  
BUT RSVP REQUIRED

10A | WEDNESDAY  
SEPT 4

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**LOOSE SENIOR CENTER**  
707 N BRIDGE ST  
LINDEN, MI 48451

RSVP by Sept 1:  
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