

Healthy Body Healthy Brain

Healthy Body, Healthy Brain...The connection is powerful: What you eat, how much you move, how well you sleep, and how you manage stress affects nearly every aspect of your well-being, including physical (body) and mental (brain) health. Research also shows a connection between heart and brain health. By keeping your heart healthy, you also lower your risk for stroke, dementia, and other brain problems.

For more information:
[wyandotte.k-state.edu/
program_areas/health-
nutrition/index.html](http://wyandotte.k-state.edu/program_areas/health-nutrition/index.html)



Event Info:

December 13
4:00 PM

The Merc Co+op
501 Minnesota
Kansas City, KS
66101