## 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/healthnutrition/index.html

Brain

Food

**Event Info:** 

December 13 4:00 PM

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



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