



Michigan Chapter

Program	Cost	Attendees	Other
<p>Healthy Living for Your Brain and Body: Tips from the Latest Research </p> <p>The program will begin with statistics and discussion of Alzheimer's impact on women:</p> <ul style="list-style-type: none"> • Two- thirds of the people who have Alzheimer's disease (3.3 million) are women • More than sixty percent of Alzheimer's caregivers (6.7 million) are women. • In her 60s, a woman's estimated lifetime risk for developing Alzheimer's is 1 in 6. For breast cancer it is 1 in 11 <p>Participants will 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. This program contains an overview of how humans age and how the brain works. It is then organized to provide information about current research and practical strategies in four key areas (physical health and exercise, diet and nutrition, cognitive activity and social engagement). This education program closes with information about the combination of all four areas, things we can do now, and how to make sense of products and services with big health-related claims that lack research.</p>	No Cost	No minimum No maximum	This is a partial badge earning experience with various step completed towards the Women's Health Badge.
<p>Highest Award Opportunities </p> <p>Girl Scouts working toward a highest award can contact The Alzheimer's Association of Michigan for information and ideas as they develop and implement long-lasting projects to support people with Alzheimer's or other dementia and their caregivers through advocacy, awareness, and fundraising.</p>	No Cost	No minimum No maximum	