

# Press Release



Christian  
Health Care  
Center

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FOR IMMEDIATE RELEASE  
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## **Christian Health Care Center and the Alzheimer's Association Present Healthy Living for Your Brain ... Tips from the Latest Research**

**Wyckoff, NJ** ... Christian Health Care Center (CHCC) and the Alzheimer's Association will present "Healthy Living for Your Brain ... Tips from the Latest Research" from 4 to 5 p.m., Monday, October 24, at the CHCC Auditorium, 700 Mountain Ave., in Wyckoff.

Presenters will be Teresa DeLellis, LSW, Social Work Director, Heritage Manor Nursing Home at CHCC, and Robyn Kohn, Programs Manager, Alzheimer's Association.

The workshop will cover research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and hands-on tools to incorporate these recommendations into a plan for healthy aging, at any age.

To register, contact Teresa DeLellis at (201) 848-5867 or [tdelellis@chccnj.org](mailto:tdelellis@chccnj.org), or call the Alzheimer's Association at (800) 272-3900.

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