



# AGING SMART

A free educational talk on healthy aging



- Overview of healthy aging
- What is the effect of genes, the environment and lifestyle choices on aging?
- Alzheimer's disease and dementia
- What health research is available focusing on aging?

**Presenter:** **Betina Idnay**  
Research Nurse  
Taub Institute for Research on Alzheimer's  
Disease and the Aging Brain

**Date:** **Wednesday, September 28, 2016**

**Time:** **2:30PM – 4:00PM**

**Location:** **Columbia Community Partnership for Health**  
**390 Fort Washington Avenue, Ground Floor**  
**New York, NY 10033**

- ➔ A free event open to all
- ➔ The talk will be in English and Spanish
- ➔ Refreshments will be served



To RSVP call:  
**(646) 697-2274**