

Heads Up

TIPS FOR BETTER BRAIN HEALTH



EMPLOYEE
SUPPORT
PROGRAM
OCT 2015



You already know that eating right and regular exercise are great for your body. But did you know they can also keep your brain healthy? Intellectual stimulation and social activity may also be just as important for brain health as you age. Your Employee Support Program can provide you with resources and information on brain development and health at any age.

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life

WEBINAR

Know The 10 Signs

Oct 20th —12 pm, 2 pm ET

Learn to identify the 10 early warning signs of Alzheimer's disease through this webinar presented by the National Alzheimer's Association. Review the differences between age-related memory lapses and the signs of dementia.

TOLL-FREE: **800-346-0110**

WEBSITE: **www.inova.org/eap**

USERNAME: **UMBCEAP**

PASSWORD: **360231**