

**FOR IMMEDIATE RELEASE:  
6-Jan-09**

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## **Greater Illinois Chapter to Host Brain Health Program for Baby Boomers 210,000 Illinois residents have Alzheimer's disease.**

**SPRINGFIELD, IL---**The Alzheimer's Association – Greater Illinois Chapter will host “Now What Was I Saying?” on Tuesday, January 20, from 6:00 p.m. until 7:00 p.m. at the Greater Illinois Chapter, 2921 Greenbriar Drive, Springfield.

“Ten Million U.S. Baby Boomers will develop Alzheimer's disease in their remaining lifetime,” said James Dearing, Senior Program Manager for the Chapter. “‘Now What Was I Saying?’ is designed for Baby Boomers and healthy older adults alike, who are concerned about brain health and what to keep their memory sharp for as long as possible. This fun, innovative and interactive program focuses on how our memory works, normal age-related changes versus serious memory problems and tricks and techniques to stimulate and challenge the brain.”

Every 71 seconds someone develops Alzheimer's disease in the United States. By mid-century someone will develop Alzheimer's disease every 33 seconds. “Now What Was I Saying” is an opportunity for people who are at the age of greatest risk to gain the knowledge they will need when fighting a battle with Alzheimer's disease or a related dementia.

To register for this free program contact the Greater Illinois Chapter at 217.726.5184 or visit [www.alz.org/illinois](http://www.alz.org/illinois).

**About the Alzheimer's Association** - The Alzheimer's Association, the world leader in Alzheimer research and support, is the largest voluntary health organization dedicated to finding prevention methods, treatments and cure for Alzheimer's. Since 1980, the donor-supported, nonprofit Alzheimer's Association has provided reliable information and care consultation; created supportive services for families; increased funding for dementia research; and influenced public policy changes. **The Greater Illinois Chapter** serves dozens of counties with offices in Bloomington, Carterville, Chicago, Joliet, Rockford and Springfield. For more information, call our Helpline at 800-272-3900 or visit [www.alz.org/illinois](http://www.alz.org/illinois).

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