

**FOR IMMEDIATE RELEASE:  
4-Nov-08**

**Contact: Melanie Adams  
Senior Program Manager  
Greater Illinois Chapter  
815.744.0804  
Melanie.Adams@alz.org**

## **Alzheimer's Association – Greater Illinois Chapter to host Brain Health Program in New Lenox**

**JOLIET, IL---**The Alzheimer's Association – Greater Illinois Chapter will host "Now What Was I Saying?" on Wednesday, December 10 from 12:00 p.m. until 1:30 p.m. at Paradise Park, 1023 South Cedar Road, New Lenox.

"'Now What Was I Saying?' is an hour-and-a-half long workshop designed for 'Baby Boomers' and healthy older adults who are interested in brain health and want to keep their memories sharp for as long as possible," said Melanie Adams, Senior Program Manager for the Chapter. "This fun, informative and interactive program focuses on how our memories work, normal age-related changes versus serious memory programs and tricks and techniques to stimulate and challenge the brain."

Currently, there are 210,000 Illinoisans living with Alzheimer's disease and nearly twice that number serve as caregivers. All together, more than 500,000 Illinois residents either have or care for someone with Alzheimer's disease—and that number will skyrocket as baby boomers enter the age of greatest risk. The latest research estimates predict 10 million U.S. Baby Boomers will develop Alzheimer's disease in their lifetime. The "Now What Was I Saying?" program is an excellent opportunity for young and old adults alike to learn how to live a healthy-brain lifestyle.

To register for "Now What Was I Saying?" call the Greater Illinois Chapter at 815.744.0804 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).

###