



2018 Program Guide

Lifestyle Empowerment for Alzheimer's Prevention (LEAP!)

LEAP is an educational program designed by experts at the KU Alzheimer's Disease Center. Our mission is to equip you with information and tools that enable you to take action and reduce your risk of developing Alzheimer's disease.

LEAP! Brain Health Boot Camp - \$2,500+ (30 people)

This comprehensive series about the fundamentals of Alzheimer's disease prevention includes the *LEAP! Guide to Smart Aging* textbook. Topics include nutrition, physical activity and exercise, stress management, social engagement, cognitive engagement, and sleep.

LEAP! Workshops - \$300+

These interactive classes provide evidence-based education on a variety of brain health topics.

Evidence-based, practical lifestyle changes for reducing your Alzheimer's risk.

LEAP! 2018 Workshops

LEAP! Workshops for Healthcare Professionals - call for pricing

Broaden your impact with evidence-based education and lifestyle recommendations.

LEAP! Flint Hills Community Workshops - call to schedule a **FREE** workshop in your community!

Empower your community with the tools and strategies they need to reduce risk factors for Alzheimer's disease and promote healthy lifestyles.

Schedule a LEAP! program for your community today!

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