



RUTGERS
NEWARK

Are you African American, age 80 or older, and going strong?

If so, we'd like to honor and celebrate you as a role model:

Saturday, November 2nd



Luncheon to Honor Exceptional African American SuperAgers

Join us in Newark for a free luncheon with presentations from experts on how to keep your mind sharp.

Free gifts for all to help maintain your brain health.

Why? There are many people who live long active lives with minds and memories sharp and clear. We want to identify them, celebrate and honor them as the community's "*long-distance memory athletes*", and tell them about ongoing studies at Rutgers, funded by the National Institutes for Health, that will help us understand what contributes to their high levels of mental agility into their 80s, 90s, and 100s.

How to reserve a spot and learn more? Contact Lisa Haber-Chalom at the Rutgers University-Newark's *Aging & Brain Health Alliance* at (973) 353-3674, or email lhchalom@rutgers.edu. For more information on our programs see

www.brainhealth.rutgers.edu