



#Sweat4YourBrain



The Alzheimer's Association is teaming up with fitness centers and gyms across the state on **Tuesday, June 9** for a special awareness initiative, **#Sweat4YourBrain**, to let people know that exercise is not only good for the body, it's good for the brain.

Activities for the day:

- **Find a fitness center near you that is dedicating a class on June 9 to Alzheimer's awareness by visiting alz.org/sweat4yourbrain.**
- **Day-long social media initiative** in which individuals take a selfie while doing their normal workout—whatever and wherever it is—and share it on social, using **#Sweat4YourBrain** For those who don't regularly exercise, this would be a good day to start!
- **Supporting Brain Health in Our Community Awareness Presentation**
The information session will be followed by a live food demonstration featuring a St. Luke's dietician and a Q/A panel of experts. In-person attendees will have an opportunity to visit with vendor booths, sample a healthy recipe and will be entered into a drawing for a chance to win a prize.

2026 Panelists:

- Alexis Walker (Clinical Research Coordinator)
- Dr. Leah Brancheck (Neurologist)
- Daisie Duncan (Exercise Physiologist)
- Gloris Xynos-Taylor (Dietician)

5:30 p.m. | St. Luke's Hospital Institute for Health Education Auditorium

222 S. Woods Mill Road, Chesterfield, MO 63017

2nd Level, North Medical Building on St. Luke's Campus

Please take North Medical Building Elevators down to 2nd level

4YourBrain Facts:

- 1 There is strong evidence that regular exercise is linked to better memory and thinking.
- 2 Exercise causes your brain to release chemicals that combat stress and anxiety. This helps you get better sleep which is good for your physical and psychological health, and helps clear waste from the brain.
- 3 Regular exercise stimulates the growth and health of brain cells.
- 4 Exercise is often mentally and/or socially engaging—both have shown to have cognitive health benefits.



This event is available in-person and virtually online.

To register, go to <https://tinyurl.com/S4YB2026> or scan here