



Building Brain-Healthy Habits

SEPTEMBER 24, 2026 at 6 PM

Building Brain-Healthy Habits, an education program presented by the Alzheimer's Association® provides research-backed guidance on brain health and the importance of taking action to protect your brain at every age. Participants will gain tips for building brain healthy habits into their daily lives, including how to build a personalized action plan.

Event Registration:

Contact Pathlights at 708.361.0219 or scan this QR code to register.



Our Speaker:

Wendy De Leon is a mobile care consultant at the Alzheimer's Association, where she has worked for 4 years. She currently conducts programming in the Chicagoland area and is the lead staff support for early-stage support groups. She also oversees the "promotores" program, aimed at training Spanish-speaking individuals on Alzheimer's Association resources and information in order for them to share with their community.



ORLAND PARK
PUBLIC LIBRARY



alzheimer's association®

Event Location:

Orland Park Public Library
14921 Ravinia Ave., Orland Park



Pathlights

**Enriched by experience.
Empowered in life.**

Pathlights guides people along the path to aging in South & Southwest Suburban Cook County.

Call 708.361.0219
Visit www.pathlights.org

Funding for Pathlights' programs provided in whole or in part by AgeOptions and federal and state government agencies, made possible through the Older Americans Act. Additional funding for services is provided by State of Illinois, Cook County, local municipalities, United Way of Metro Chicago, and other community partners and interested parties. Pathlights does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call [708-361-0219](tel:708-361-0219).

AGEOPTIONS.