



Felician Village

1635 S. 21<sup>st</sup> Street ♥ Manitowoc, Wisconsin 54220-5652  
T (920) 684-7171 F (920) 684-0240 ♥ [www.felicianvillage.org](http://www.felicianvillage.org)

## FOR IMMEDIATE RELEASE

### **Felician Village offers healthy living for your brain and body presentation**

MANITOWOC, Wis. (June 5, 2019) - Felician Village in partnership with the Alzheimer's Association will host a free presentation as part of its Caregiver College, *Healthy Living for Your Brain & Body*, on Monday, June 17 at 6 p.m. in the Village Hall at Felician Village, 1635 S. 21st Street, Manitowoc.

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

Join us to learn:

- the latest research on diet, exercise, cognitive activity and social engagement
- how to incorporate these recommendations into a healthy aging plan

To register, call 920-684-7171 ext. 329 or email, [fvmarketing@felicianvillage.org](mailto:fvmarketing@felicianvillage.org).

This class is being offered as part of several caregiver classes for the community throughout the upcoming year. "Caregiver College" will help caregivers enhance their skills and knowledge of caring for a loved one with Alzheimer's disease. For a complete list of 2019 classes, please visit [www.felicianvillage.org](http://www.felicianvillage.org).

- 30 -

### **About Felician Village**

Felician Village, a continuing care campus, has been providing housing and services for seniors through rehabilitation, independent living, assisted living and long-term care for more than 130 years. Felician Village is a Catholic organization that welcomes people from all faiths.

### **Contact**

*Barb Fricke*

Director of Marketing

920-684-7171 ext. 329

[bfricke@felicianvillage.org](mailto:bfricke@felicianvillage.org)

*Kim Christoffel*

Marketing Specialist

920-684-7171 ext. 361  
kchristoffel@felicianvillage.org