

# Healthcare Education Series

## “Cognitive Health” Matters: Memory Class



**Stuart Kieran, MD**

*Bitterroot Neurology*

**(406) 375-9310**

**Thursday, Nov. 17th**  
5:30pm to 6:30pm  
MDMH Blodgett/Canyon  
View Conference Rooms

Good cognitive health,  
like physical health, is  
very important as we get  
older, to stay

independent and keep  
active. Learn simple  
steps to protect yourself

and support your loved one when dealing  
with Alzheimer’s disease and other types of  
dementia.

Sign up to receive email notifications about  
upcoming classes and events at [mdmh.org/hes!](http://mdmh.org/hes!)

Working together to build a healthier community!

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