



N E W S F O R I M M E D I A T E R E L E A S E

Jan. 18, 2017

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Healthy habits and activities for your brain

Damarys Melendez will discuss healthy habits and activities for your brain at 2 p.m. Wednesday, Feb. 1, at the Daytona Beach Regional Library at City Island, 105 E. Magnolia Ave., Daytona Beach.

Melendez is the associate director of programs for the Central and North Florida Chapter of the Alzheimer's Association.

Reservations are required; call the Alzheimer's Association at 800-272-3900. The program is co-sponsored by the Friends of the Daytona Beach Library and the Alzheimer's Association.

The library is open from 1 to 5 p.m. Sunday, 9 a.m. to 7 p.m. Monday through Thursday, 9 a.m. to 5 p.m. Friday and Saturday.

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