

Healthy Minds, Stronger Communities



Learn. Connect. Take Action for Brain Health.

FREE COMMUNITY EVENT focused on brain health for all ages.

PIERRE AREA

Saturday, October 24, 2026 | 9 a.m. – noon CT

Oahe Family YMCA (north entrance), 900 E. Church St., Pierre, SD

Protect Your Brain Today & Plan For Tomorrow

Brain health is important throughout every stage of life. Attend short educational sessions, explore community resources, and learn practical steps that can support lifelong brain health and healthy aging.

Why Attend?

- + Discover small steps to support brain health at every age
- + Recognize changes in memory or thinking and learn where to find support
- + Learn tips for healthy aging and planning ahead with confidence
- + Connect with local organizations and explore community resources
- + Receive a free health screening
- + Participate in a free hearing screening
- + Learn how communities can support brain health and healthy aging



Everyone is Welcome

Attend if you want to improve your own brain health, support a loved one, find local resources, or help create a healthier community.

There is no cost to attend.

Child Watch is available for this event, provided by the Oahe Family YMCA.

Free for YMCA members, \$5 per non-member child. staff.



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SOUTH DAKOTA**
Supporting Your Brain Health Journey