



**HEAD FORWARD
SOUTH DAKOTA**
Supporting Your Brain Health Journey

Healthy Minds, Stronger Communities

Learn. Connect. Take Action for Brain Health.

Join Head Forward South Dakota for **free regional events** focused on brain health for all ages.

Learn practical ways to protect your brain, support healthy aging, prepare for future health and care needs, and help build a healthier community.

WHAT TO EXPECT

- Short educational sessions about brain health and healthy aging
- Practical strategies that may help reduce dementia risk
- Local and statewide resources
- Community exhibits and opportunities to connect
- Information about planning for future health and care needs
- Tools communities can use to support brain health
- Health screenings, pending availability

WHO SHOULD ATTEND?

This event is for community members, families, caregivers, students, healthcare and public health professionals, community leaders, and anyone interested in protecting their brain health.

Attend any location at no cost.



Scan to learn
more & register

*Presented by Head Forward
South Dakota and the South
Dakota Department of Health.*

CHOOSE A LOCATION

BROOKINGS

**Saturday,
October 17, 2026
9 a.m. – noon**

Brookings County Outdoor
Adventure Center
Indoor Archery Range
2810 22nd Ave. S.
Brookings, SD

PIERRE

**Saturday,
October 24, 2026
9 a.m. – noon**

Oahe YMCA
900 E. Church St.
Pierre, SD

SPEARFISH

**Saturday,
November 7, 2026
9 a.m. – noon**

Black Hills State University
Student Union, Room 202
1200 University St.
Spearfish, SD