



HEAD FORWARD
SOUTH DAKOTA
Supporting Your Brain Health Journey

Healthy Minds, Stronger Communities

*Attend a **FREE** brain health event for all ages!*

Brain health is important throughout every stage of life. Enjoy engaging learning sessions, community resource tables, and health screenings (pending availability), to support 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 (pending availability)
- + Learn how communities can support brain health and healthy aging

EVERYONE IS WELCOME!

Bring a friend, family member, co-worker, or neighbor!
Attend any location at no cost.

LEARN. CONNECT. TAKE ACTION FOR BRAIN HEALTH!



Scan to learn more
or go to
HeadForward.sd.gov



CHOOSE A CONVENIENT LOCATION

BROOKINGS

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

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

PIERRE

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

Oahe Family YMCA
900 E. Church St.
Pierre, SD

SPEARFISH

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

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