

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

Oahe YMCA, 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.

Event Highlights

- Brain health and healthy aging education
- Healthy lifestyle and dementia risk-reduction strategies
- Community exhibits and resources
- Information for individuals, families, and caregivers
- Guidance for planning future health and care needs
- Opportunities to help make your community more brain-health friendly
- Health screenings, pending availability



Everyone is Welcome

Attend whether 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.



Scan to learn
more & register



HEAD FORWARD
SOUTH DAKOTA
Supporting Your Brain Health Journey