For Immediate Release

June 12: Learn '10 Healthy Habits for Your Brain' at a Free Alzheimer's & Brain Awareness Month Program

Walter Reed Post Acute, Alzheimer's Association Co-Hosting Interactive Event

GLOUCESTER, Va. (June XX, 2026) – Walter Reed Post Acute and the Alzheimer's Association are partnering to host "Supporting Brain Health in Our Community," an interactive experience on Friday, June 12, in Gloucester. The free-admission event will take place from noon to 1:30 p.m. at Walter Reed's campus, 7602 Meredith Drive – with participants exploring 10 habits that support brain health.

The lunch program will consist of conversations with Amber Lavery, Walter Reed's physiatry nurse practitioner, and the Alzheimer's Association's Marianne Johnson, senior manager, Walk to End Alzheimer's – Middle Peninsula and Northern Neck. Attendees will participate in 10 stations emphasizing brain health drivers such as eating right, checking blood pressure and getting good sleep. Interactive exercises and activities will also emphasize building healthy habits and supporting one's memory now and in the future.

June is globally recognized as Alzheimer's & Brain Awareness Month. Two-thirds of Americans have at least one major risk factor for dementia. A turning point in understanding of brain health and the science-backed actions that can be taken to protect it make this program so vital.

"This is a pivotal moment in the fight against Alzheimer's," Johnson said. "With new treatments and proven lifestyle habits that support brain health, there is real hope. Together, we can build a brain healthy future and help end this disease."

For more information or to RSVP, reach out to Angela Steinbacher, director of community relations at Walter Reed Post Acute, at asteinbacher@vahs.com or 757-509-0639.

Formed in 1980, the Alzheimer's Association leads the way to end Alzheimer's and all other dementia by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

Located on the campus of Riverside Walter Reed Hospital, Walter Reed Post Acute is part of the Virginia Health Services (VHS) portfolio. The skilled nursing center was recently named among America's Best Nursing Homes 2026 by *Newsweek* for

the fourth consecutive year. Walter Reed maintains a Five-Star Overall rating from the Centers for Medicare & Medicaid Services (CMS). More information can be found at walterreedrehabhc.com.

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About Walter Reed Post Acute
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