



For immediate release

June 21, 2017

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Learn the latest tips for a healthy lifestyle!

Fox Communities Credit Union is sponsoring the seminar: *Healthy Living for Your Brain and Body*. This healthy living program will share the latest research on diet, exercise, cognitive activity and social engagement and how to incorporate these recommendations into a plan for healthy aging. It's a session where attendees get to think about some goals they might want to set and some changes they might make in their lifestyle. This presentation is for all adults; it's never too early or too late to start thinking about what we can do to keep our brains healthy!

The presenter, Vicki Johnson, is an Outreach Specialist with the Alzheimer's Association.

This program will be presented July 12 at the Capitol Civic Centre, 913 S. 8th St., Manitowoc, July 20 at the Tundra Lodge & Conference Center, 865 Lombardi Ave, Green Bay, and on July 25 at Fox Communities Credit Union, 3401 E. Calumet St., in Appleton. All seminars will be held from 6-7pm.

Register at foxcu.org or by calling the Call Center at (920) 993-9000. This event is free and open to the public.

Anyone can join **Fox Communities Credit Union** if they live or work in the counties of Brown, Calumet, Door, Fond du Lac, Kewaunee, Manitowoc, Oconto, Outagamie, Shawano, Sheboygan, Waupaca, or Winnebago County. Fox Communities Credit Union has been serving the community for almost **80 years**, employs over 360 people and has an asset size of over \$1.35 billion. Visit foxcu.org for more details.