



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