

FREE SEMINAR

Promoting Brain Health

WHAT: Proactive steps you can take to protect your brain health

Presented by Sutter's Memory Clinic team; see reverse side for complete program

Refreshments provided

WHEN: Wednesday, May 30, 2018
5:30 to 8 p.m.

WHERE: University Retirement Center
Event Room
1515 Shasta Drive
Davis, CA 95616

RSVP: Registration required
916-733-9511



Be Proactive in Caring for Your Brain

The Sutter Neuroscience Memory Clinic team and other Sutter care specialists will present information about optimizing brain health. The seminar will include experts in neurology as well as experts on lifestyle topics such as nutrition, exercise, sleep, socialization and cognitive stimulation.

Learn about programs promoting healthy aging as well as how to manage risk factors for dementia. While certain diseases that affect the brain are more common with advancing age, there are steps you can take now to protect your brain health.

Refreshments will be served. The seminar is free, but registration is required.

To register:

Call 916-733-9511 and leave a voicemail clearly stating your name. Once you leave a voicemail, you are registered. The outgoing message will be updated when the event is full.



Sutter Medical Group

Affiliated with Sutter Medical Foundation

A SUTTER MEDICAL GROUP COMMUNITY EVENT

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Program

5:30–6	Refreshments and Informational Handouts
6–6:10	Introduction and Welcome — <i>Dr. Kimberley Rose, neuropsychologist</i>
6:10–6:25	Managing Cognitive Risk Factors — <i>Gasong Yun, neurology nurse practitioner</i> Learn about the different ways you can manage medical risk factors known to effect memory and thinking. Gasong will discuss topics such as vascular risk factors, vitamin deficiencies, alcohol and tobacco use, etc.
6:25–6:40	Sleep Hygiene — <i>Dr. Kimberley Rose, neuropsychologist</i> Learn about the importance of sleep to memory. Behavioral strategies to improve sleep will be discussed.
6:40–6:55	Physical Exercise: A Little Goes a Long Way — <i>Lisa Yount, physical therapist</i> Demonstrations of easy exercise techniques to utilize at home to stay healthy.
6:55–7:10	Nutrition Tips — <i>Allison Tallyn, registered dietitian</i> Eating a balanced diet, staying hydrated and maintaining a healthy weight are key components to keeping a healthy brain and preventing and managing disease. Ms. Tallyn will share tips on how to achieve a brain healthy diet and the importance of nutrition for diabetes and cardiovascular disease.
7:10–7:25	Mental Health Support — <i>Denise Dempsey, mindfulness instructor</i> Memory and mood are closely related. Learn about ways to help reduce stress and learn to better cope with difficult life events.
7:25–7:40	Cognitive Rehab Strategies — <i>Renee Garner, speech therapist</i> Learn about helpful strategies to keep your brain stimulated throughout the day as well as ways to help when you are having a harder time maintaining attention or multi-tasking.
7:40	Q&A Session with Speakers