



**Wisconsin Alzheimer's  
Disease Research Center**  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH



# 2017 Annual **FALL LECTURE**

*The Science Behind Alzheimer's Disease  
Prevention & Brain Health*

October 4, 2017

5:00–8:00 PM

Gordon Dining & Event Center

## **PROGRAM & AGENDA**



*Health professionals can earn  
0.3 CEU credits by attending this  
event. Visit the Registration Table  
for your yellow CEU application, and  
turn it in at the end of the event.*

# AGENDA

5:00–6:00 PM

**Healthy Aging Resource Fair and Refreshments**

6:00–8:00 PM

**Program**

## **Welcome and Introductions**

*Carol Koby, Executive Producer/Host,  
“All About Living” on Mid-West Family Broadcasting*

## **News from the Wisconsin Alzheimer’s Disease Research Center**

*Sanjay Asthana, MD, Director,  
Wisconsin Alzheimer’s Disease Research Center*

## **Nutrition and Dementia: The MIND Trial**

*Martha Clare Morris, ScD, Director,  
Rush Institute for Healthy Aging and the  
MIND Center for Brain Health at Rush University*

## **Keys to a Healthy Heart and a Healthy Mind**

*Heather Johnson, MD, Associate Professor,  
UW Division of Cardiovascular Medicine*

## **The Role of Exercise in Healthy Aging**

*Jill Barnes, PhD, Assistant Professor,  
UW-Madison Department of Kinesiology*

## **Q&A Panel/Audience Questions**

*Martha Clare Morris, ScD  
Heather Johnson, MD  
Jill Barnes, PhD  
Art Walaszek, MD  
Nathaniel Chin, MD*

# SPEAKERS



**Dr. Martha Clare Morris** is an authority on nutrition and aging and creator of the MIND diet for healthy brain aging. A professor of epidemiology, she is director of the Rush Institute for Healthy Aging and the MIND Center for Brain Health at Rush University.



**Dr. Sanjay Asthana**, associate dean for gerontology at the UW School of Medicine and Public Health, is director of the Wisconsin Alzheimer's Disease Research Center. Dr. Asthana has been diagnosing and treating patients at the UW Health Memory Clinic since 2001.



**Dr. Heather Johnson** is associate professor in the Division of Cardiovascular Medicine at the UW School of Medicine and Public Health. Her research focus is in finding better ways to help patients control high blood pressure and other heart disease risk factors.



**Dr. Jill Barnes** is assistant professor in the Department of Kinesiology at UW-Madison. Her research interests include the regulation of blood flow and blood pressure in humans, and how this changes with aging and exercise.



**Dr. Art Walaszek** is a geriatric psychiatrist with UW Health and a professor of psychiatry at the UW School of Medicine and Public Health. He specializes in treating older adults with depression, anxiety, and dementia.



**Dr. Nathaniel Chin** is assistant professor of medicine, geriatrics and gerontology, at the UW School of Medicine and Public Health. Dr. Chin sees patients in the UW Health Memory Clinic and runs a research program focused on improving Alzheimer's disease and dementia patient care.

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## About the Wisconsin ADRC

The Wisconsin Alzheimer's Disease Research Center (ADRC) combines academic, clinical, and research expertise from the University of Wisconsin School of Medicine and Public Health and the Geriatric Research, Education and Clinical Center (GRECC) of the William S. Middleton Memorial Veterans Hospital in Madison, Wisconsin. Founded in 2009, the ADRC receives funding from private, university, state, and national sources, including a National Institutes of Health/National Institute on Aging grant for Alzheimer's Research Centers (P50-AG033514).

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