

2025 Healthy Living with Mild Cognitive Impairment (MCI) Education Series

A free quarterly support and education series about brain health and living well with MCI

Personalized Pathways to Wellness

March 14

9:30–11:30 a.m.

Guest: David Rakel, MD

Participants will learn about the power of lifestyle interventions, how integrative medicine works, and the tools that can encourage personal motivation. Register to attend the program in person at one of eight locations across Wisconsin. Or, participate from anywhere, live online via Zoom. **Programs are free and open to all.**



Find registration information at adrc.wisc.edu/mci or by scanning the QR code below. In person events are available at the following locations across Wisconsin:

- Brown County
- Dane County
- Dodge County
- Grant County
- Green County
- La Crosse County
- Oneida Nation
- Rock County



About the Series:

Healthy Living with Mild Cognitive Impairment (MCI) offers attendees guidance and science-backed strategies for living and coping with memory and thinking changes.

Join **Nathaniel Chin, MD**, and **Jennifer McAlister, BA**, from the Wisconsin Alzheimer's Disease Research Center, and guest speakers, to learn more about Mild Cognitive Impairment (MCI). Each program will end with a Q&A session.

Questions?

Contact the Wisconsin ADRC at 608-265-0407 or adrc@medicine.wisc.edu

Presented by:



Wisconsin Alzheimer's Disease Research Center

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Community Partners:



The ADRCs of Brown, Dane, Dodge, Grant, Green, La Crosse, and Rock counties and the Oneida Nation are committed to unbiased service and cannot endorse nor recommend any organization, product, or service.