

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

Unlocking the Power of Habits, Routines, and Strategies

June 20

9:30–11:30 a.m.

**Guest: Gordon Giles, PhD,
OTR/L, FAOTA**

Join us to discover how habits, routines, and strategies can enhance your life at any stage, backed by compelling evidence that supports these effective and practical approaches. Register to attend the program in person at one of eight locations across Wisconsin. Or, participate from anywhere, live online via Zoom.



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.