

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

*Helping people across Wisconsin live and cope with an MCI diagnosis*

**March 24 | June 9 | September 8 | and December 8, 2023**

**9:30–11:30 a.m.**

Register to attend each program in person throughout the year at one of three locations across Wisconsin in Brown, Dodge, or Rock counties. Or, participate from anywhere, live online via Zoom. **Programs are free and open to the public.**

**March 24**

Brain Boosters: Strategies to Strengthen Your Mind



Guest: Kimberly Mueller, PhD, CCC-SLP

**June 9**

Food Matters: The Gut-Brain Connection



Guest: Barbara Bendlin, PhD

**Sept 8**

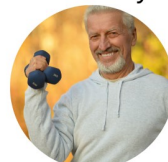
Manage Stress and Improve Coping Skills for a Healthier Mind



Guest: Megan Zuelsdorff, PhD

**Dec 8**

Personalize Exercise to Boost Brain Health and Memory



Guest: Michelle Braun, PhD

## About the Series:

Healthy Living with Mild Cognitive Impairment (MCI) is a support and educational series for people with MCI and their care partners. Classes offer attendees guidance and science-backed strategies for living and coping with a diagnosis of MCI.

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

## Questions?

Contact Bonnie Nuttkinson at 608-265-0407 or [bnuttkin@medicine.wisc.edu](mailto:bnuttkin@medicine.wisc.edu)



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

**How to register: Call the location where you wish to attend in-person or register to attend programs for free online at [adrc.wisc.edu/mci](http://adrc.wisc.edu/mci)**

## Brown County

Event location: Aging and Disability Resource Center of Brown County  
To register, contact the Brown County ADRC at 920-448-4300

## Dodge County

Event location: Watertown Public Library  
To register, contact the Dodge County ADRC at 920-386-3580 or [hsaging@co.dodge.wi.us](mailto:hsaging@co.dodge.wi.us)

## Rock County

Event location: Dr. Daniel Hale Williams Resource Center  
To register, contact Karen Tennyson at 608-741-3615

**ALZHEIMER'S ASSOCIATION**

**ADRC**  
Aging & Disability Resource Center

*ADRC of Brown, Dodge, and Rock counties are committed to unbiased service and cannot endorse nor recommend any organization, product, or service.*