

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



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

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

Rock County

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

ALZHEIMER'S ASSOCIATION



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