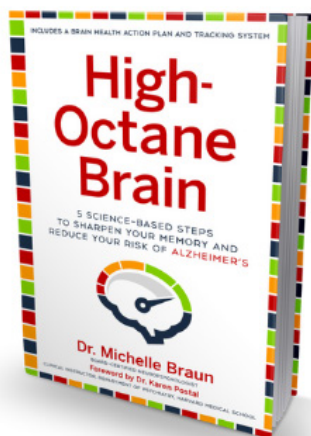


Healthy Living with Mild Cognitive Impairment: Nutrition in Action



Dr. Michelle Braun

June 18, 2021
9:30 a.m. – 11:30 a.m.

Online/Via Zoom

Join Dr. Michelle Braun, a national leader in the field of brain health, to learn about science-backed, motivational strategies to boost memory through diet and nutrition. Attendees will hear about mindful eating and creative options for integrating healthy foods into their diets.

How to Register

Register online for this free class at go.wisc.edu/j141f9

Questions? Contact Bonnie Nuttkinson at
(608) 265-0407 or bnuttkin@medicine.wisc.edu

About the Presenters

Michelle Braun, PhD, is a neuropsychologist and national leader in the field of brain health. She earned her undergraduate degree in cello performance and psychology from Carroll College in Waukesha, Wisconsin, and a doctorate in clinical psychology with a minor in neuroscience from the University of Wisconsin–Milwaukee. Dr. Braun completed her internship at Yale University School of Medicine and postdoctoral fellowship at Harvard Medical School/Boston VA Healthcare System. She has worked for 15 years as a clinical neuropsychologist in hospitals and academia. Dr. Braun is the author of the book *High Octane Brain: 5 Science-Based Steps to Sharpen Your Memory and Reduce Your Risk of Alzheimer's*.

Nathaniel Chin, MD, is assistant professor of medicine at the UW School of Medicine and Public Health and treats patients at the UW Health memory clinics. He collaborates with many Alzheimer's disease researchers on campus and oversees the clinical care provided to Alzheimer's disease research participants.

About the Series

Healthy Living with Mild Cognitive Impairment (MCI) is a support and education series for patients and families. Classes are free, open to the public, and held quarterly. Dr. Nathaniel Chin is medical director of the series.



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