

Healthy Living with Mild Cognitive Impairment: Exercise Your Way to Better Brain Health



September 17, 2021
9:30 a.m. – 11:30 a.m.

Online/Via Zoom

Join Max Gaitán, MEd, Sarah Lose, MS, and Nathaniel Chin, MD, to learn about the benefits of physical activity in healthy brain aging. The presenters will discuss physical activity's role in cognition and brain changes, suggest various ways to get moving, and lead a short activity.

How to Register

Register for this free class at <https://go.wisc.edu/yx2a13>

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

About the Presenters

Max Gaitán, MEd, and Sarah Lose, MS, are exercise physiologists at UW–Madison and members of Dr. Ozioma Okonkwo's lab in the Wisconsin Alzheimer's Disease Research Center.

Nathaniel Chin, MD, is the medical director of the Wisconsin Alzheimer's Disease Research Center 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. Classes offer patients and families support, guidance, and science-backed strategies for living with a diagnosis of mild cognitive impairment.

Save the Date

Mark your calendar for the next event in the series. December 10, 9:30 –11:30 a.m., "Medication Supplements and Vitamins" with Holly Altenberger, PharmD. Register and learn more at <https://www.adrc.wisc.edu/mci>.