

# Healthy Living with Mild Cognitive Impairment: Medications, Supplements and Vitamins



**December 10, 2021**  
**9:30 a.m. – 11:30 a.m.**

Online/Via Zoom

Learn about the medications, supplements and vitamins that can be harmful or helpful to your memory. Presented by Holly Altenberger, PharmD, and Nathaniel Chin, MD.

This class is designed for people living and coping with a diagnosis of mild cognitive impairment and their families.

## How to Register

Register for this free class at [go.wisc.edu/m63e4x](https://go.wisc.edu/m63e4x)

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

## About the Speakers

Holly Altenberger, PharmD, is director of pharmacy at O'Connell Pharmacy, a family-owned and independent pharmacy located in Sun Prairie, Wisconsin. She specializes in pharmaceutical care for seniors.

Nathaniel Chin, MD, treats patients with memory concerns at UW Health memory clinics and serves as medical director of the Wisconsin Alzheimer's Disease Research Center. Dr. Chin collaborates with Alzheimer's disease researchers at UW-Madison and oversees the clinical care provided to Alzheimer's disease research participants. He has a special interest in educating the public about Alzheimer's disease prevention.

## About the Series

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



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