

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



March 30, 2019
10:30 a.m. – 12:30 p.m.
American Family Insurance DreamBank
821 E. Washington Ave.
Madison, WI 53703

How to Register

Registration is free. Contact Hector Salazar to reserve your spot by March 22: (608) 265-0407 or hsalazar@medicine.wisc.edu

Parking

Parking is available for 80 cents/hour in the City of Madison South Livingston Street Garage, located at 111 S. Livingston St., with entrances on Livingston Street and East Main Street.

About the Class

Max Gaitan and Sarah Lose, exercise physiologists at UW–Madison, will present the benefits of physical activity in healthy brain aging. They will discuss physical activity's role in cognition and brain changes, suggest various ways to get moving, and lead a short movement activity in strengthening, balance, walking, and stretching. A brain-healthy snack will be served.

About the Series

Healthy Living with Mild Cognitive Impairment (MCI) is a support and education series for patients and families. Classes are held quarterly throughout Madison. This program is free and open to the public.

Dr. Nathaniel Chin, a memory clinic doctor with UW Health, is medical director of the series.



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