

Healthy Living with Mild Cognitive Impairment: Sleep Your Way to a Better Brain



March 28, 2020

10:00 a.m. – 12:00 p.m.

Madison Public Library – Sequoya Branch

4340 Tokay Blvd
Madison, WI 53711

How to Register

Registration is free. Contact Bonnie Nuttkinson to reserve your spot: (608) 265-0407 or bnuttkin@medicine.wisc.edu

Parking

Free parking is available anywhere in the library parking lot and surrounding streets.

About the Class

Dr. Steven Barczi is a clinician-educator who has worked in the areas of general geriatrics care, memory care, and sleep disorders over the past 25 years. Dr. Kate Sprecher is a postdoctoral research associate at the University of Wisconsin. She has been studying how sleep affects brain health and cognitive performance for 15 years. The doctors will review some of the basic principles of sleep and how poor sleep can predispose toward conditions such as dementia.

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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