

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



October 24, 2020
9:00 a.m. – 11:00 a.m.

Via Zoom

Register for Zoom link

Attendees will learn how sleep and brain health are connected as well as tips that will help them improve sleep hygiene at home.

How to Register

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

About the Presenters

Barbara Bendlin, PhD, is an associate professor in the UW Department of Medicine and Alzheimer's disease researcher. Her lab studies factors that affect brain aging and how they contribute to or protect against the development of Alzheimer's disease. Nathaniel Chin, MD, is assistant professor in the UW Department of Medicine 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 held quarterly throughout Madison. This program is free and open to the public.

Dr. Nathaniel Chin is medical director of the series.



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