

Healthy Living with Mild Cognitive Impairment: Manage Stress and Improve Coping Skills for a Healthier Mind



August 24, 2019
10:00 a.m. – 12:00 p.m.
UW South Madison Partnership Office
In the Villager Mall
2312 S. Park St.
Madison, WI 53713

How to Register

Registration is free. Contact Susie Fernandez to reserve your spot by August 19: (608) 265-0407 or sfernandez@medicine.wisc.edu

Parking

Free parking is available anywhere in the Villager Mall parking lot.

About the Class

Megan Zuelsdorff, PhD, is assistant professor with the UW School of Nursing and an investigator in the Wisconsin ADRC. She researches modifiable risk factors and community-tailored interventions that reduce risk for Alzheimer's disease and related dementias. Dr. Zuelsdorff will explain how stress can negatively impact brain health and offer strategies for coping and stress management.

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.



**Wisconsin Alzheimer's
Disease Research Center**
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

alzheimer's 
association®