



Opening Pathways to Better Brain Health

Fridays · June 12 - August 21, 2020 · 10-11:30AM

All sessions are a live webinar format and registration is required by Thursday prior.

**Register Online www.adrcevents.org OR
Call the Aging & Disability Resource Center 715-839-4735**

No Cost · Advance Registration Required for Webinars

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June 12: Nourish Your Noggin

Ruth Kilness, RD, CD, CLC, Public Health Nutritionist, Eau Claire Health Dept.
Keeping fit as we age should include keeping physically AND mentally fit! Are there certain foods that can help you keep your "brain fit"? It's believed there is! Come and learn all about keeping your brain sharp and healthy by making simple changes in your diet.

June 26: The Blue Zones: 100 and Looking Good!

Moira Kneer, Retired Hosp. Chaplain, Presenter, Author, and Caregiver
Living longer doesn't mean giving up all the good things in life, it means finding out what the really good things in life are! How can we live longer while living fuller, richer, and more satisfying lives? Take some tips from the centenarian population in the Blue Zone-areas where ordinary people live long lives without disease or dementia.

July 10: Got Attitude? Got Laughter? Healthy Brain!

Thomas F. Kidd, B.S. ME-PD, former area health educator, author, speaker, and CVTC adjunct instructor; owner of Balanced Wellness Services
Your choice of an intentional daily attitude through paradigm shifts in your brain is critical to your health, happiness, and success! Your daily amount of laughter and all its effects on the body and brain is also an important aspect of your overall wellness. Come and learn how attitude and laughter can "infect" your body and your brain in many ways.

July 24: Declutter and Organize for Better Brain Health

Connie Kees, Owner, Consult an Organizer, LLC, Member of the National Association of Productivity and Organizing Specialists
Is difficulty being organized all in your head? Maybe. Studies show that certain parts of our brain can be affected by chronic disorganization. Our brains change when we organize our lives. Stress levels decline when our home and work environments are less cluttered. Learn how you can feel better, be more productive, and brighten your outlook on life.

August 7: The Impact of Exercise on the Brain

Curt Riley, PT, DPT
Not only does physical exercises enhance muscle strength, bone density, and balance, another key benefit is brain power! Learn how exercise helps maintain and enhance mental sharpness and brain health.

August 21: It's A Wrap

Lisa Wells, MA/Dementia Care Specialist, Aging & Disability Resource Center of Eau Claire County
Another year of better brain health! Let's pull it altogether and discuss key learning points from each seminar and put it into practice!

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