



# *better brain* **FRIDAYS**

**Nourish your brain health!**  
**Join us for these FREE, live webinars!**  
**FRIDAYS 10 - 11:30 AM**

**June 3, 2022**

## **Ways to Wellness: Spiritual Well-Being**

Yia Yor, UW-Madison Division of Extension Eau Claire County

The Spiritual Wellness Dimension is a broad concept that represents one's personal beliefs and values and involves having meaning, purpose, and a sense of balance and peace. It includes recognizing our search for meaning and purpose and developing an appreciation for life and the natural forces that exist in the universe. At this presentation, learn how you can improve or enhance this important dimension in your well-being.

**June 17, 2022**

## **The Other Dementias: FTD, Lewy Body Disease, Vascular Dementia, and Others**

Susanne Seeger, MD, Department of Neurology, UW-School of Medicine & Public Health

While Alzheimer's Disease is the most common cause of dementia, there are other less well-known disorders that can cause dementia. We will discuss diagnostic criteria and treatment approaches.

**July 8, 2022**

## **Beneficial Bites for the Brain**

Darby Smith, MS, RDN, Aging and Disability Resource Center of Barron County

Whole, nutrient-dense food is so important for the health and well-being of our bodies, especially our brain. We will focus on the top foods that have been studied and found to provide long-term benefits to our brain health if consumed regularly. You'll learn about The Beneficial Bites concept as well. Take away tips on how to incorporate more brain-healthy foods into your day as well as some easy recipes to keep on hand!

**July 22, 2022**

## **How Grief and Loss Rewires the Brain and What YOU Can Do About it**

Lisa Wells, MA, Aging & Disability Resource Center of Eau Claire County

Grief and loss are normal and come in many forms. The stress caused from grief and loss can cause a reduction in nerve growth and memory. Learn what you can do through a variety of strategies to help you rewire your brain!

**August 5, 2022**

## **Gut-Brain Connection**

Kristie Gering, MD, Spero Wellness Clinic

Do you experience brain fog, anxiety, blue mood, and /or irritability? Believe it or not, addressing the gut, may help those problems. The gut and the brain are intimately connected. For every single message coming from the brain down to the gut, there are 100 messages going up from the gut to the brain. If we can heal the gut, then often our brains will work better. Better mood, focus, and effortless thinking can be a result! Learn about the 5R Program and a few other tips and tricks to treat leaky gut and more.

**August 19, 2022**

## **It's a Wrap!**

Lisa Wells, MA, Aging & Disability Resource Center

Another year of better brain health! Let's pull it altogether and discuss key learning points from each webinar and put it into practice! In this webinar you will also have an opportunity to help "brainstorm" and plan for our 2023 brain health series.

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*Watch your email for the webinar link a few days prior to each session date.*