

HEALTHY EATING FOR EVERYONE

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Join us for this three-week series presented by registered dietitians at Senior Resources with brain-healthy cooking demonstrations. Cooking demonstrations will include tips for shopping, keeping a budget, and adapting for dietary restrictions.

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WEEK ONE: MEAL PREPARATION | JUNE 11, 2025 AT 12:00 PM EST

- Focus on preparing balanced, brain-healthy meals. Learn techniques for incorporating more vegetables and lean proteins into your daily meals.

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WEEK TWO: SNACKS | JUNE 18, 2025 AT 12:00 PM EST

- Discover how to make brain-healthy snacks that are both delicious and nutritious. This session will include tips for reducing processed foods and unhealthy fats in your snacks.

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WEEK THREE: ON-THE-GO AND EATING OUT | JUNE 25, 2025 AT 12:00 PM EST

- Learn how to prepare brain-healthy foods that can be taken on the go and make smart choices when eating in restaurants. This session will provide practical tips for maintaining a brain-healthy diet even when you're busy or dining out.

ASK THE ALZHEIMER'S EXPERT: PREVENTING AND TREATING COGNITIVE DECLINE JUNE 26, 2025 6:00-7:00 PM

Presenter: Daniel Press, MD

Daniel Press, MD is the Chief of the Cognitive Neurology Unit and the clinical director of the Berenson-Allen Center for Noninvasive Brain Stimulation at Beth Israel Deaconess Medical Center (BIDMC). He is also an Associate Professor of Neurology at Harvard Medical School. He is a leader in education, research, and clinical treatment, with a focus on diseases like Alzheimer's disease and Parkinson's disease.

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In this presentation, Dr. Press will discuss:

- Difference between cognitive decline, dementia, and Alzheimer's disease
- Diagnosis of Alzheimer's disease and related dementias
- Treatment options for cognitive decline
- Latest research about brain health and the prevention of cognitive decline

There will be time for questions from the audience.