Memory Care Workshops

The Art of Healthy Living
FOR YOUR BRAIN AND BODY

Presented by

Coastal 1 CREDIT UNION

Join us for a two-part lecture series, focused on healthy living and its positive impact on chronic diseases such as dementia, diabetes, and heart disease.

Session I: Tuesday, October 11th
Session II: Wednesday, October 19th
5:00 PM to 8:30 PM (Both sessions)

Radisson Airport Hotel
2081 Post Rd, Warwick, RI 02886

FREE to the general public
Enjoy complimentary hors d'oeuvres
& light refreshments

AL Administrators can earn 5 CEUs.
RIALA Members: $65 per session | $110 both sessions
Non Members: $75 per session | $130 both sessions

Space is limited. Pre-registration is required.

To register, call us at
401-435-8888 or online at
www.riala.org/Memory2022

RIALA SENIOR LIVING INSTITUTE

Session I: Tuesday, October 11th

An Antidote for Dementia, Diabetes and Heart Disease

Sudhir Bansal, MD
Endocrinologist- Diabetes & Metabolism

Food is Medicine: The impact of olive oil and plant-based diets on brain health

Mary Flynn, Ph.D.
Brown University
Associate Professor of Medicine

Session II: Wednesday, October 19th

The Latest in Alzheimer's and Dementia Research

John Stoukides, MD
Chief of Geriatrics and Palliative Medicine, Roger Williams Medical Center

Build Your Brain and Body: A Non-Pharmacological Approach to Healthy Living

Jennifer Davis
Brown University Associate Professor of Psychiatry and Human Behavior

SPECIAL THANKS TO OUR MEMORY CARE SPONSORS

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