

Healthy Living with Mild Cognitive Impairment (MCI) Education Series

Helping people across Wisconsin live and cope with an MCI diagnosis

March 15 | June 14 | September 13 | and December 13, 2024

9:30–11:30 a.m.

Register to attend each program in person throughout the year at one of five locations across Wisconsin in Brown, Dane, Dodge, La Crosse, or Rock counties. Or, participate from anywhere, live online via Zoom. **Programs are free and open to the public.**

March 15

Precision Medicine:
Alzheimer's Disease
Biomarkers and
New Therapies



Guest:
Sterling Johnson,
PhD

June 14

You Are More Than
Your Diagnosis:
Adapting to Life
with Mild Cognitive
Impairment



Guest:
Adrienne Johnson,
PhD

Sept 13

Heart Health is
Brain Health:
Reducing Vascular
Risk Factors for a
Healthier Mind



Guest:
Cynthia Carlsson,
MD, MS

Dec 13

Sharpen Your Mind,
Amplify Your Life:
Empowering
Strategies for
Managing Hearing
Loss and MCI



Guest:
Pamela Souza,
PhD

About the Series:

Healthy Living with Mild Cognitive Impairment (MCI) is a support and educational series for people with MCI and their care partners. Classes offer attendees guidance and science-backed strategies for living and coping with a diagnosis of MCI.

Join **Nathaniel Chin, MD**, and **Jennifer McAlister, BA**, from the Wisconsin Alzheimer's Disease Research Center, and guest speakers, to learn more about Mild Cognitive Impairment (MCI). Each program will end with a Q&A session.

Questions?

Contact Jennifer McAlister at 608-262-9640 or jmcalister@medicine.wisc.edu



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



How to register: Call the Brown County Aging and Disability Resource Center to attend in-person or register to attend programs online at adrc.wisc.edu/mci

Brown County

Event location: Aging and Disability Resource Center of Brown County

To register, contact the Brown County ADRC at 920-448-4300

ADRC of Brown, Dodge, La Crosse, and Rock counties are committed to unbiased service and cannot endorse nor recommend any organization, product, or service.