

FREE Webinar

The Mind-Body Connection:

How metabolic health contributes to brain health

June 12 1-2pm



Good brain health and the prevention of dementia is impacted by our blood sugars, cholesterol, blood pressure, and body weight (collectively called metabolic health). Join us as researcher Dr. Taryn James from UW-Madison discusses how these things impact our cognition and chance for developing dementia and what we can do to reduce our risk and improve brain health and function. Invite your friends! And learn what you can do to improve the health of your brain.



Presenter: Dr. Taryn James
Alzheimer's Disease
Research Center
UW - Madison

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