Health and Wellness with Your Brain (and Its Future) in Mind

Friday, September 17th, 2021

8am-5pm

Live: Boys and Girls Club – Winnemucca Nevada

Virtual Attendance via ZOOM

Following CDC and Nevada Mask and Distancing Recommendations

7:45 – Sign-in and refreshments

Welcome and Details

8:00 – Dr. Lacey Fettic – healthy living for a healthy life

8:30 - Geriatric Health – Kathryn MacDonell

9:30 – Northern Nevada Alzheimer’s Association – Introduction to Alzheimer’s; Overview of Stages – Cathy Maupin and Heidi Slater

10:30 - Break

10:45 – Break-out sessions

Living with Dementia

Caregiver Sharing

11:45 – Yoga with Maria Bengochea

12:00 – Lunch (Provided)

12:30 – The Brain and Diet – Dr. Linda Peterson

1:30 – Physical Therapy and Wellness – Allison Stephens

2:30 – Break

2:45 – Aging and Challenging Decisions – Cary Walter

3:30 – Dementia Friends – Dr. Jennifer Carson and Casey Acklin and Dementia Voices of Nevada

4:30 – Important papers and considerations

Closing - Round-Up and Fundraising