

FOR CAREGIVERS & PROFESSIONALS



## Join us for a free CEU and breakfast lecture

1 hour of continuing education credit available per session for social workers

# Cognitive Wellness Series

## Second Wednesday of each month

8:00-8:30 a.m. Continental Breakfast & Conversation | 8:30-9:30 a.m. Lecture

March 13

### Research updates from the Alzheimer's Association International Conference (AAIC) in Chicago 2018

Featured Speaker: Tabassum Majid, PhD  
Executive Director, The Integrace Institute

- To understand and identify recent advances in research
- To apply findings to daily care of older adults



April 10

### Normal Aging vs. Aging with Dementia

Featured Speaker: Dr. David Loreck, MD  
Interim Physician, Proxmire  
Neurocognitive Clinic

- Describe changes in memory and cognition associated with aging
- Identify differences between memory changes in normal aging and dementia
- Describe factors which make the distinction between normal aging and dementia difficult



May 8

### Physical Activity and Cognitive Health

Featured Speaker: Adam Decker  
Senior Director of Health and Fitness, Integrace

- Benefits of physical activity on cognitive health related chronic conditions
- Types of exercise most beneficial to cognitive health
- Overview of ways to incorporate fitness into everyday life



For more information and to register, please visit [www.integraceinstitute.org/education](http://www.integraceinstitute.org/education)

Copper Ridge | 710 Obrecht Road | Sykesville, MD 21784

[copperidge.org](http://copperidge.org) | [integraceinstitute.org](http://integraceinstitute.org)

