

Women's Health: Optimizing Brain Function

Embrace "The Big 3" Habits to Live Your Best Life

February 27, 2024 | 7–8:30 pm



Guest Speakers:

Doris Fredericks, Registered Dietitian Nutritionist

Liz Panetta Melone, Certified Personal Trainer

Robin Shepherd, Certified Dementia Practitioner

Every woman can live her best life by adopting "The Big 3" habits for brain health—nutrition, fitness and sleep. Gain research insights and learn practical approaches to a healthy brain lifestyle, and have fun doing it.

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