

# Cognitive Health Series

Join us for our new Cognitive Health Series! An evidence-based series to supporting your cognitive health.



**October 21**

## Nutrition Class: Eating for Brain Health

Friday, October 21st, 2022, 11 a.m. – 12 p.m.

Following a diet that contain foods that boost brain health can enhance memory, clarity, and focus. Join Dianne Staso, MS, R.D., as she discusses the latest research about diet and brain health. She will review the Mediterranean, DASH, and Mind diet and how they have all been linked to a reduced risk of Alzheimer's disease.

*Dianne Staso, MS, R.D., provides nutrition counseling on a variety of health-related issues. She specializes in digestive issues such as IBS, GERD, fatty liver, and inflammatory bowel disease.*



**October 26**

## Exercise: Chair Yoga

Wednesday, October 26th, 2022, 11 a.m – 12 p.m.

Please join fitness instructor Efrat Pomerantz for chair yoga to improve your flexibility, concentration and strength and help reduce stress.

**November 3 & 9**

## Cognitive Health Lecture (webinar): Boost Your Brain Health

Thursday, November 3rd, 2022, 2 – 3 p.m.

Join Carol Hahn, MSN, RN who will explore three ways to help lower your risk of dementia and two small changes you can make to help keep your brain healthier.



## Cognitive Health Lecture (webinar): Keeping Your Brain Healthy

Wednesday, November 9th, 2022, 2 – 3 p.m.

Join Carol Hahn, MSN, RN as she discusses two of the important health numbers for brain health and how to practice stress reduction techniques that support your brain health.

*Carol Hahn is a Registered Nurse with over 35 years of varied health experience, a Registered Yoga Teacher and a Certified Personal Trainer. Through her business, Wellness and Fitness Nurse, Carol works with people over the age of 50, using a holistic approach to improve balance, flexibility, strength, cognition, and quality of life.*

The exercise and nutrition class will be held at Redondo Beach Perry Park Senior Center.

The webinars will be held over zoom:

- <https://bchd-org.zoom.us/j/86243479422>
- via phone: +1 669 444 9171 US
- Meeting ID: 862 4347 9422

