

# Cognitive Health Series

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



## February 6 - Nutrition

### Brain Health: MIND Diet with Cooking Demonstration

Monday, February 6, 2023, 11 a.m. – 12 p.m.

Join Dianne Staso, MS, R.D., as she discusses the MIND diet and how it has been linked to a reduced risk of Alzheimer's disease. Dianne will be preparing a few recipes incorporating some of these brain healthy foods in a cooking demonstration.

*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.*



## February 10 - Exercise

### Agility, Balance and Coordination

Friday, February 10, 2023, 10 – 11 a.m.

Agility is the ability to change the direction of the body in an efficient and effective manner, requiring a combination of balance and coordination. This class is taught by fitness instructor, Nahid, and involves common dumbbell weights and resistance bands to perform fun coordination exercises that utilize eye-hand coordination working towards greater stationary and moving body balance.



## February 23 - Cognitive Health Lecture

### Senior Moments or Something Else: Understanding the Difference Between Normal Aging and Dementia

Thursday, February 23, 2023, 1 – 2:30 p.m.

Join Dr. David Hart, a clinical mental health counselor and dementia care specialist, as he leads a discussion about what to expect as your brain ages over time, how to know when your memory challenges are an indication of something more than normal aging, and what you can do to boost your memory and other cognitive functions.

*David Hart, Ph.D. is a clinical mental health counselor with 20 years of experience working with people with dementia and their families. He is also the Director of Community Health for Always Best Care Senior Services*



## March 2 - Cognitive Health Lecture

ALZHEIMER'S ASSOCIATION

### Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Thursday, March 2, 2023, 11 a.m. – 12 p.m.

Join us for a talk from the Alzheimer's Association. Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

The exercise and nutrition class will be held at Hermosa Five-O Senior Activity Center.

The educational lectures will be held in the café at Beach Cities Health District, 514 N.

Prospect Ave., Redondo Beach, 90277 on the main floor.

You may also join the cognitive health lectures virtually via Zoom:

<https://bchd-org.zoom.us/j/89261279109>

