

AGING (i)fe CARE™
A S S O C I A T I O N
— WESTERN REGION CHAPTER —

October 19th, 10 am-12 pm

An Evidence Based Holistic Approach to Optimal Brain Health

Presented By Dr. Rob Winningham

Program @ House Call Providers

5100 SW Macadam Avenue, Suite 200, Portland, OR 97239

Lunch provided by NW Senior Resources* 1 CEU through ALCA

Dr. Winningham has over 20 years of experience researching the human memory and has largely focused on older adults and ways to enhance their mental function and quality of life. He has trained thousands of professionals to offer high quality cognitive rehabilitation programs. He is also the creator of brain stimulation activities and “Cranium Crunches” that are used in over 10,000 retirement communities.

Come join us and learn:

- The many lifestyle factors that have been shown to be associated with memory abilities and one’s likelihood of developing dementia.
- How physical exercise impacts memory abilities in older adults.
- What types of exercises and which cognitive abilities can increase.

RSVP: amanda@agingadvisorspdx.com or (503) 935-6136