“Time to Wake up to Sleep and AD”
Dr. Kristine Yaffe

Thursday, August 9, 2018
UC Davis MIND Institute
6:00 – 7:30 p.m.

Dr. Yaffe is the Scola Endowed Chair and Vice Chair and Professor of Psychiatry, Neurology and Epidemiology at the University of California, San Francisco. Her research focuses on epidemiology of cognitive aging. She is a leading expert in modifiable risk factors of dementia.

Dr. Yaffe’s presentation will highlight how changes in sleep quality may increase the risk of developing dementia as we age. She will also discuss possible strategies to improve sleep and maintain cognitive health.

UC Davis MIND Institute Auditorium
2825 50th Street
Sacramento, CA 95817

Reservations required:
www.eventbrite.com

For more information: 916-734-5728