How Lifestyle May Prevent Dementia

Dr. John Olichney

Wednesday, December 7, 2016
6:30 – 7:30 p.m.
Lesher Center for the Arts

Dr. Olichney is a behavioral neurologist specializing in cognitive disorders and neurodegenerative diseases such as Alzheimer’s disease at the University of California, Davis (UCD). His research activities include EEG/ERP and functional MRI studies of language and memory and clinical treatment trials for Alzheimer’s disease.

Dr. Olichney’s presentation will review recent evidence that lifestyle changes matter and can reduce your risk for AD and dementia. Topics will include nutrition, exercise, cognitive activities, psychological well-being and social engagement.

Lesher Center for the Arts
1601 Civic Drive
Walnut Creek, CA 94598

Tickets available through lesherartscenter.org or call 925-943-7469