



**Alzheimer's
Resource
of Alaska**



Caregiving 101 Webinar:

Food and Nutrition in Brain Health

Wednesday, July 13

11:00 PM - 12:30 PM

[CLICK HERE TO REGISTER](#)

**For more information or
registration assistance:**

Joan Adams

✉ jadams@alzalaska.org

☎ [907-452-2277](tel:907-452-2277)

Join us for a special presentation about nutrition and aging from Nutritionist Leslie Shallcross, UAF Cooperative Extension Service. We will examine the MIND diet recommendations as well as nutrition, food, and health habits for a healthier brain.

Free to attend! Registration required. Share with friends and family.