

# Feeding Our Mind and Body

A virtual mini-conference for people  
interested in brain health and healthy living



**Virtual presentation**

**Tuesday, February 8 | Noon - 1:30 p.m.**

Join our three panelists for this lively and interactive program focused on brain health and healthy living. Research has proven that our health habits can have a great effect on our brains and cognition as we age. Hear from the experts on what we can all do to help us be our healthiest self. There will be plenty of time for questions after the presentations.

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#### **Healthy Living for the Brain and Body: Tips from the Latest Research – 30 minutes**

Presenter: Lynne Hemann, Alzheimer's Association Community Educator

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help us keep our brain and body healthy as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Lynne Hemann is a retired health educator and wellness coach. She became involved with the Alzheimer's Association when her mother was first diagnosed with mild cognitive impairment. Her mother lived with Alzheimer's for ten years, and in her honor, Lynne serves as a Community Educator and Caregiver Support Group Facilitator for the Alzheimer's Association. She is also involved in several dementia-friendly projects in the Rochester area.

#### **Healthy Mind: The Brain Power Salad – 30 minutes**

Presenter: Jennifer Gilbertson, Duluth Whole Foods Co-Op

Jennifer Gilbertson is the Community Outreach and Education Coordinator for Whole Foods Co-op – Duluth. She has worked with many local organizations, schools and businesses to teach a number of health and wellness topics, as well as instructing monthly cooking classes for both children and adults. Prior to this experience, Jen was a group fitness instructor for eight years. In this session, she will conduct a cooking demonstration featuring her "Brain Power Salad."

#### **Tai Ji Quan: Moving for Better Balance – 15 minutes**

Instructor: Xue Yang, Wellness Engagement Specialist, Trellis

Tai Ji Quan: Moving for Better Balance is a falls prevention program designed for older adults, developed by Fuzhong Li, Ph. D., Senior Scientist at the Oregon Research Institute. Participants will learn a variety of movements adapted from the Tai Ji Quan exercise program to help improve balance, mobility, walking and physical and mental well-being.

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