

Dementia and Wellness: Supporting Brain Health Through Activity and Nutrition

WEBINAR PRESENTATION · **MAY 27, 2026 at 12:30–1:30 p.m. ET**

Supporting brain health across the lifespan involves many factors – physical activity, nutrition, social engagement, and novel cognitive activities, just to name a few. We will explore practical, adaptive strategies to address common activity and nutritional challenges in ways that benefit both individuals living with dementia and their care partners.



Here's what you can expect to learn:

How physical activity and nutrition support brain health for people living with dementia and their caregivers

Simple movement and nutrition strategies that benefit both individuals living with dementia and their caregivers

Common challenges to staying active and eating well throughout the dementia journey

Practical ways to build healthy routines that support overall wellness

FEATURING

Elizabeth Kinzig, MA, CCC-SLP

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