

JOIN US FOR A COMPLIMENTARY PRESENTATION

# Fueling the Brain:

Nourishing Insights for Brain Health Awareness

EARN  
2 CE  
CREDITS



**Alaina Hoschke, MS, RD,  
CDN, Registered Dietitian**

**Alzheimer's Disease &  
the Mind Diet: Nutrition,  
Cognition & Memory**

Learn how to incorporate the Mind Diet into daily life, how certain vitamins & minerals protect brain health, and how to support cognition and brain health through nutrition.



**Mariel Deutsch, MD,  
FAAN, Neurologist**

**Championing Brain Health  
in Older Adults**

Learn about normal brain aging and the anatomical & physiological changes that happen with cognitive decline or dementia. Explore lifestyle & environmental conditions necessary for healthy brain aging and how to promote healthy aging through social engagement, exercise, mental activity, good sleep habits and lifestyle choices.

**Wednesday, June 12**

**5:00PM** | Dinner & Networking

**6:00 - 8:00PM** | Presentation

**The Bristol at Bethpage**

1075 Stewart Avenue

Bethpage, NY 11714

**RSVP by**

**Monday, June 10**

**CLICK HERE** or scan  
the QR code to register



For further information or if you have any questions, please contact:  
pastpresident@cmsali.org or call 631-300-0874



This program has been pre-approved by The Commission for Case Management Certification to provide continuing education credit to CCM board certifies case managers. CMSA-LI is recognized by the NYS Education Department State Board for Social Work as an approved provider of continuing education for licensed social workers #0312. The course is approved for 2.0 CE Contact hours.