

UC DAVIS
ALZHEIMER'S DISEASE
CENTER

“Brain Food: Boosting
Brain Health with Good
Eats”

Dr. Liz Applegate

Tuesday, November 29, 2016
Leshner Center for the Arts
6:30 – 7:30 p.m.



Sponsored by:



ASSISTED LIVING & MEMORY CARE

Aegis Living

Dr. Liz Applegate is Director of Sports Nutrition and a Distinguished Lecturer at the University of California, Davis (UCD). Her educational focus is eating for optimal health and performance. She writes a column for Runner's World, appears on national TV and radio and speaks to consumers of all ages about practical and science based approaches to optimizing yourself through diet.

Dr. Applegate's presentation will discuss specific foods and dietary supplements that may enhance brain health and transform your diet to one that supports healthy aging and improved memory performance.

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

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