

**UC DAVIS**  
**ALZHEIMER'S DISEASE**  
**CENTER**

“Brain Food: Boosting  
Brain Health with Good  
Eats”

Dr. Liz Applegate

Thursday, October 27, 2016  
UC Davis MIND Institute  
6:00 – 7:00 p.m.



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.

UC Davis MIND Institute Auditorium  
2825 50<sup>th</sup> Street  
Sacramento, CA 95817

Reservations:  
(916) 734-5728  
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