

UC DAVIS
**ALZHEIMER'S DISEASE
CENTER**

How Lifestyle May Prevent Dementia

Dr. John Olichney

Wednesday, December 7, 2016

6:30 – 7:30 p.m.

Lesher Center for the Arts



Dr. Olichney is a behavioral neurologist specializing in cognitive disorders and neurodegenerative diseases such as Alzheimer's disease at the University of California, Davis (UCD). His research activities include EEG/ERP and functional MRI studies of language and memory and clinical treatment trials for Alzheimer's disease.

Dr. Olichney's presentation will review recent evidence that life style changes matter and can reduce your risk for AD and dementia. Topics will include nutrition, exercise, cognitive activities, psychological well-being and social engagement.

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