MIND Diet for Brain Health
October 11, 11 a.m.-1 p.m.
Patricia Colapietro, MD

The MIND diet aims to reduce the decline in brain health that can occur as people age. It combines aspects of the Mediterranean diet and the Dietary Approaches to Stop Hypertension (DASH) diet to improve brain wellness.

Course participants will:
- Learn how following the MIND diet can reduce risk of Alzheimer’s disease
- Discover which foods to focus on and which foods to avoid for optimal brain health
- Explore current research supporting the MIND diet and how it reduces oxidative stress and inflammation
- Learn how to design a sample MIND diet meal plan

REGISTER ONLINE
www.turnerfarm.org/events

$60 with
Farm-fresh lunch included

UC Center for Integrative Health and Wellness
Community Programs at the Turner Farm Teaching Kitchen