

# Alzheimer Society

S A S K A T C H E W A N

Learn More **Live Well**

## Heads Up for Healthier Brains

### Nutrition and Cognitive Health: Eat Well to Live Well

**Speaker: Allison Cammer, MSc, PhD(c), RD**

Allison is a registered dietitian at the Rural and Remote Memory Clinic at the University of Saskatchewan, Coordinator of Nutrition and Dietetic Practice in the Saskatoon Health Region, and is currently completing her doctoral degree in the College of Pharmacy and Nutrition at the University of Saskatchewan. She supports practical, achievable, evidence-based healthy eating strategies to reduce risk for cognitive decline.

**Tuesday, March 14, 2017 from 7–9 p.m.**  
**Delivered via Telehealth**

#### Telehealth Coordinators

Athabasca Health Region: 306-439-2632

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Register at [alzheimer.ca/sk](http://alzheimer.ca/sk) or call 1-800-263-3367 or call your local Telehealth coordinator