PROFESSIONAL DEVELOPMENT WEBINAR SERIES

Brain Boosters:
Fads, Facts and Fundamentals

Sponsored by the Southeast Cooperative Extension Region Nutrition Specialist Workgroup

Session One: September 17, 2019
Preventing Cognitive Decline and Dementia - Presenter: Demetrius M. Maraganore, MD, FAAN, UF Health, Department of Neurology.
https://vimeo.com/360667066

Session Two: October 15
Physical Activity and Brain Health – Ryan McGrath, Assistant Professor, NDSU Health, Nutrition and Exercise Sciences
Taijiquan (Tai Chi) and Cognition - Dr. Matthew F. Komelski, Instructor, Department of Human Development, Virginia Polytechnic Institute & State University
https://vimeo.com/366600049

Session Three: November 19
Can modifying dietary behaviors modify brain health? - Christy C Tangney, Ph.D., FACN, CNS, Professor, Departments of Clinical Nutrition & Preventive Medicine
Associate Dean for Research, College of Health Sciences, Rush University Medical Center, Chicago, IL
https://vimeo.com/374275330

Session Four: December 10
Applying to Your Extension Program including resources from other states. Speakers include: Julie Garden-Robinson (NDSU), Erin Yelland (KSU) and Chelsey Byers (Illinois)
https://vimeo.com/378640531