



UW Osher Center for Integrative Health

PRESENTS

2023 Cha Chi Ming Lecture Series

<https://familymedicine.uw.edu/osher>

Brain Health & Nutrition

6:00-7:15pm (virtual)

May 18

Mom Your Brain

Dr. Emily Wong

Learn how we can engage mindset and purpose to take care of our physical brains

June 22

Healthy Gut, Healthy Brain

Dr. Iman Majd

Optimizing gut microbiome for better brain function

Chef Jared Batson leads interactive cooking

July 27

Food for Thought: Meal Planning for Optimal Brain Health

Kelly Morrow, MS, RDN, FAND

Incorporating nutrient-packed foods into balanced, flavorful meals to fuel our brains

August 24

Food or Supplements?

Dr. Debra Bell

Do we need to take supplements for better brain function?

Chef Jared Batson leads interactive cooking

September 28

Food and Mood

Dr. Venuka Wick

How does food affect our mood?

Chef Jared Batson leads interactive cooking

Register for one or all lectures



June-Sept. QR code
link: bit.ly/41ENSrH

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