UW Osher Center for Integrative Health

PRESENTS

2023 Cha Chi Ming Lecture Series

https://familymedicine.uw.edu/osopher

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/41ENSxH