

Reduce Your Risk of Cognitive Decline as You Age



ABOUT THIS WEBINAR

Cognitive decline is a source of fear and mystery for many adults, especially older adults. However, confronting that fear and solving that mystery may be easier than you think. Research on memory has started to focus less on the mechanics of the brain and more on understanding how lifestyle factors, including nutrition, chronic conditions, emotional health, and brain training, among others, may influence memory function and performance. Join us as we discuss cognitive decline in the context of lifestyle choices and habits that may help to reduce your risk for a diagnosis later in life and give you confidence that you are more “in control” than you might imagine when it comes to brain health.

Learning Objectives:

1. Examine broad aspects of cognitive decline.
2. Identify nutrition as a protective lifestyle choice for brain health.
3. Engage in training exercises to support brain function.

PRESENTERS

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<https://oneop.org/learn/160011/>

CONTINUING EDUCATION

- Social Work, LPC, LMFT: Programming approval for 1.0 CE credits will be obtained for Social Work, Licensed Professional Counselors, and Licensed Marriage & Family Therapists from the University of Texas at Austin, Steve Hicks School of Social Work.
- Case Manager: This program has been submitted to the Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 clock hours.
- Board Certified Patient Advocates: This program has been pre-approved by The Patient Advocate Certification Board to provide continuing education credit to Board Certified Patient Advocates (BCPA). The course has been approved for a total of 1.0 CE contact hour, of which 0.0 are in the area of Ethics.
- Certified in Family & Consumer Sciences (CFCS): This program is currently seeking approval of 1.0 CE credits from the American Association for Family and Consumer Sciences (AAFCS) for CFCS.
- Registered Dietitian Nutritionists: This program is pending approval for 1.0 CPEU from the Commission on Dietetic Registration for RDNs and NDTRs.
- Certificates of Attendance are available for providers interested in documenting their training activities.

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