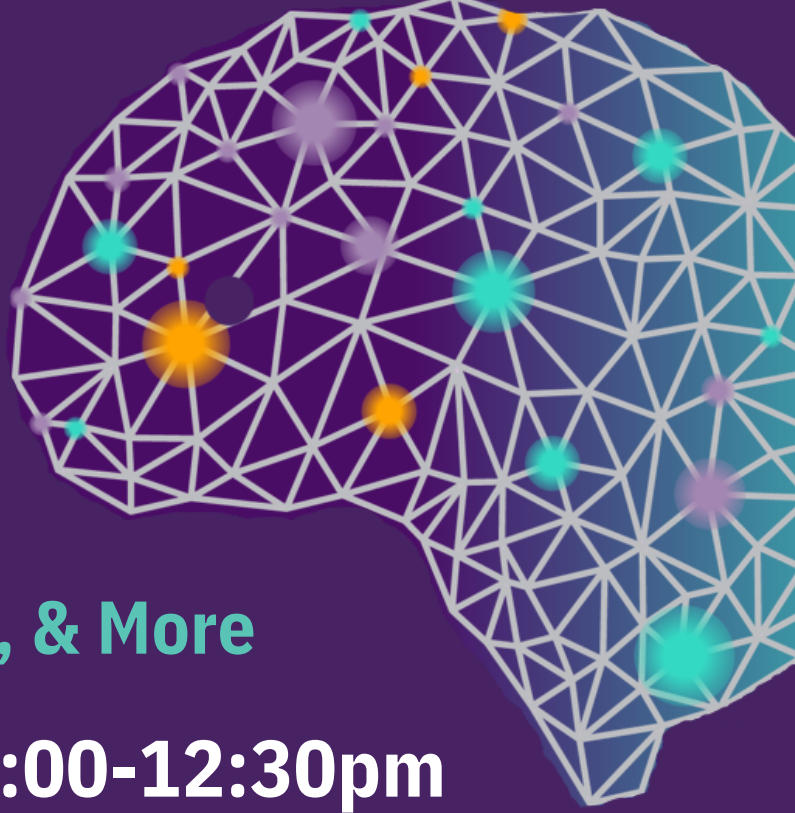


The Younger Brain Blueprint:

Reduce the Risk
of Dementia Through
Mind, Meals, Movements, & More



Friday, October 30th 9:00-12:30pm

Indian Mound Middle School 6330 Exchange St, McFarland, WI

Open to all and at no cost- Registration opens at 8:30am

Join us for an inspiring, practical, science-backed experience designed to help you stay sharp and reduce your risk of dementia. The Younger Brain Blueprint features proven approaches—supported by the U.S. POINTER Study—showing how moving your body, engaging your mind, choosing nourishing foods, and adopting simple daily habits can strengthen brain resilience for the long term.



Heidi Neeley
Alzheimer's Association
Program Manager

Explore evidence-based habits from the U.S. POINTER Study that strengthen brain health and reduce long-term cognitive risk.



Darcie Olson
PhD
Occupational Therapist

Discover how purposeful physical activity boosts brain function, supports healthy aging, and lowers the risk of cognitive decline.



Beth Olson
UW Madison Asst. Professor
Food and Nutritional Sciences

Learn how brain-nourishing foods can help nourish both your body and brain, reduce dementia risk, and support long-term cognitive health.



Kayla Olson
Dane Co Dementia
Care Specialist

Engage in strategies that use mental challenge and lifelong learning to build cognitive resilience and help keep the brain younger.

Brain changes can occur 20+ years before symptoms even begin!

REGISTER: Click [HERE](#), Call 24.7 Helpline at 800.272.3900, or scan QR Code

