



**LUNCH & LEARN AT
LAKEWOOD RANCH
YMCA**

**BRAIN HEALTH SEMINAR
REVERSAL, TREATMENT, AND
PREVENTION OF COGNITIVE
DECLINE**

**Tuesday, April 29, 2025
12:15 PM to 1:15 PM**

SEMINAR PRESENTER



**Debra Geihlsler
Co-Founder & CEO
Grey Matters
Precision Brain
Health Centers**

GreyMattersHealth.org

PROGRAM OVERVIEW

Join us for this seminar to learn more about an innovative approach to Brain Health and Cognitive Decline.

They are the first primary care clinic that focuses solely on maintaining and improving Brain Health.

Using Dr. Dale Bredesen’s protocols Grey Matters provides patients, families, and caregivers with comprehensive care.

They focus on cognitive decline, and, unlike other clinical specialties, treat the whole person with primary and integrative, evidence-based care.

KEY TOPICS

- A New Approach to Brain Health
- Myths of Alzheimer’s Disease and Dementia
- Understanding Your Brain Health
- How & When to Measure Your Brain Health
- Prevention and Reversal of Cognitive Decline

IN THE NEWS: Grey Matters Health was Selected by CMS (the Centers for Medicare and Medicaid Services) to Test the Medicare Dementia Care Model GUIDE (Guiding an Improved Dementia Experience) which Aims to Increase Care Coordination and Support for Caregivers.



Seminar Attendees Will Be Invited to Participate in a Free Follow-Up Montreal Cognitive Assessment at Alderman Oaks Retirement Center in Downtown Sarasota.



**727 Hudson Ave.
Sarasota, FL 34236
(941) 955-9099
AldermanOaks.com**

**SEATING IS LIMITED!
TO RSVP CALL (941) 798-9622**
5100 Lakewood Ranch Boulevard
Bradenton, FL 34211
Must be a YMCA Member to Attend

