

Nutrition & Dementia



WITH CARY LOPEZ

Executive Director & Co -
Founder of Act Now
Foundation



This seminar talks about the effects of a poor diet, reversible dementia from vitamin deficiencies, non-reversible dementia from poor diet choices, the MIND diet (slashes your risk of dementia by 35%), and the relationship between dementia and diabetes.



Fair Lawn Senior Center

11-05 Gardiner Rd.
Fair Lawn, NJ 07410

**The Center offers a noon lunch
(\$1.25 suggested donation)
24-hour registration required**

**Tuesday
November 12, 2024
10:30 AM - 11:15 AM**

A program made possible by funding
from the Bergen County Division of Senior
Services

www.actnowfoundation.org



ACT NOW
FOUNDATION

Dementia Resource Center



FREE MEMORY SCREENINGS

Because memories should last forever.

**Tuesday, November 12, 2024
11:30 AM - 3:30 PM**

Medicare recommends people over the age of 60 to get a memory screening every year.

Why get a memory screening?

Early diagnosis of dementia allows individuals to better prepare for their future care, make treatment and end of life decisions, and establish legal and financial plans while cognitively capable.

How long does it take and when will I receive the results?

A memory screening consists of a 30-minute personal interview. You will have the results right away and discuss them with our Certified Dementia Practitioner.

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**REGISTER IN PERSON
AT THE SENIOR CENTER**