

# Virtual Community Education Series

## Science-Based Strategies to Support Your Brain Health

*With Guest Speaker Sally Duplantier, MS*



**Friday  
May 31st, 2024  
From 12 PM – 1 PM**

**Please use this link to register:**

**[bit.ly/SVAC0524](https://bit.ly/SVAC0524) or**

**e-mail us at [svalz\\_cadc@stanford.edu](mailto:svalz_cadc@stanford.edu)**

Are you concerned about cognitive decline and the risk of dementia? This presentation explores the relationship between lifestyle choices such as diet, movement, and sleep in mitigating or promoting cognitive decline. Emerging risk factors such as hearing loss, high blood pressure, and gum disease will also be discussed. Walk away with 1-2 practical steps you can take right away to keep your brain in optimal condition.

Sally Duplantier, MS, is a gerontologist and Healthspan educator. Sally has a Master of Science in gerontology from USC and a certificate in nutrition science from Stanford. She is a featured speaker at Stanford University and the American College of Lifestyle Medicine on topics related to healthy aging. Sally's research has been published in *Nutrients* and *The International Journal of Environmental Research and Public Health*.

Please e-mail us at  
**[svalz\\_cadc@stanford.edu](mailto:svalz_cadc@stanford.edu)**  
to register and to receive a  
Zoom link.

