What you eat matters: Diet and its longterm effects on cognitive function

With Guest Speaker Dr. Quinn Kennedy

Friday
January 21st, 2022
From 12:00p.m. – 1:00p.m.

Please use this link to register: https://bit.ly/SVACKennedy or e-mail us at svalz_cadc@stanford.edu

As we age, we face susceptibility to cognitive decline and changes in our nutritional needs. In this webinar, learn about diets that are beneficial for cognitive function, diets that may be harmful, and those that have not been scientifically studied. See why obesity and diabetes are risk factors for dementia and methods for reducing that risk.

Dr. Quinn Kennedy is a research psychologist who specializes in adult cognitive aging. She earned a PhD and completed postdoctoral training at Stanford University. With her colleagues, her work has been featured on NPR, The New York Times, The San Francisco Chronicle, and Science.

Please e-mail us at svalz_cadc@stanford.edu to register and to receive a Zoom link.