



# 2018 Optimum Life® Continuing Education Series



## An Update on Brain Health

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Engagement and Innovation**

Dementia is the No. 1 concern for adults age 55 and older, according to a 2006 Met Life survey. While there is no cure for Alzheimer's and other dementias, research continues to be promising for the impact of lifestyle choices for risk reduction. In this presentation you will learn some of the latest research and steps you can take related to keeping the brain healthy for a lifetime.

Following this presentation the participant will be able to:

- Identify the basics of the human brain
  - Identify normal versus pathological changes associated with brain aging
  - Verbalize the definition of brain health and the importance of a brain-healthy lifestyle
  - Identify recent research findings related to a brain-healthy lifestyle
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- The Optimum Life CE series is a pre-recorded webcast.
  - This activity has been submitted to the Ohio Nurses Association (OBN-001-91) for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.
  - Please call (312) 977-3711 for more information about contact hours.
  - This program has been submitted (but not yet approved) for Continuing Education for 1.0 total clock hours from NAB/NCERS.
  - This activity is pending approval from the National Association of Social Workers.
  - This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 clock hour.
  - Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221.

