



Eating for Brain Health: The MIND Diet Approach

Date: Thursday, December 8, 2022

Time: 12–1 pm (Eastern Time)

Nutrition is important for brain health. Join us to learn about the MIND (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay) diet and how it can support brain function as well as reduce the risk of developing neurodegenerative diseases like Alzheimer's disease. We will dive into the guidelines of the MIND diet, current research on its recommendations, and discuss tips to begin making changes in your daily life.



Featured Speaker: Phoebe Zhou, BS

Phoebe is currently a dietetic intern at Mass General training to become a registered dietitian. She graduated from Simmons University with a major in nutrition and dietetics. Phoebe is passionate about exploring the role that nutrition plays in disease prevention and how dietary habits can impact disease progression.

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on this link: <https://partners.zoom.us/j/85440647421>
- Please submit questions you may have about the topic before the program to: PFLC@partners.org so that the speaker may address them during the session.

For more information, call 617-724-7352 or email PFLC@partners.org



Blum Center Program Schedule

Scan this QR code with your phone's camera
to see our program schedule online

