

BRAIN HEALTH

SYMPOSIUM



ABOUT THIS EVENT:

Tuesday, October 11, at JUMP or online | 8:15 AM - 4:30 PM | Free

Learn strategies to optimize your brain health and improve your quality of life. The brain is arguably the single most important organ in our body, and this educational symposium provides an opportunity for everyone to better understand and care for this vital organ.

OUR PRESENTERS:



DR. KARA **KUNTZ**
"PREVENTATIVE HEALTH FOR THE BRAIN"



DR. KURT **NILSSON**
"CONCUSSION & LONG TERM BRAIN HEALTH"



DR. MADELINE **SHAFFERMAN**
"BRAIN FOG & YOUR SECOND BRAIN: EXPLORING THE BRAIN-GUT CONNECTION"



DR. ABHILASH **DESAI**
"MEDICATION-INDUCED NEUROCOGNITIVE IMPAIRMENT"



MATT **FISHER** &
MARY **BIDDLE-NEWBERRY**
"NEW STRATEGIES FOR NEURO-HACKING WITH EXERCISE"



IDAHO **CAREGIVER ALLIANCE**
"SUPPORTING BRAIN HEALTH FOR CAREGIVERS"



Register now
by scanning this code, or by visiting
<https://bit.ly/brainhealthboise>

Contact Us:
brainhealthsymposium@ymcatvidaho.org

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