

Wednesday, December 3, 2025 | 12-1 p.m. ET

# Think Well, Live Well: Brain Health Through a Holistic Lens



## KEYNOTE SPEAKER

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Chair, Department of Wellness and Preventive Medicine  
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## OBJECTIVES

- Understand the impact of lifestyle and behaviors on cognitive wellness
- Identify modifiable risk factors for decline in cognitive function
- Counsel on key lifestyle interventions for the prevention of cognitive decline and protection of brain health

CME credit offered at no cost.

## ADVANCED REGISTRATION REQUIRED



Or visit [Cardi-OH.org/webinars/register](https://Cardi-OH.org/webinars/register)  
After registering, you will receive a confirmation email with information about joining the webinar and a calendar invitation.

**ABOUT CARDI-OH:** The Ohio Cardiovascular and Diabetes Health Collaborative (Cardi-OH) is a statewide initiative of health care professionals who share knowledge to improve Medicaid patient outcomes and eliminate health disparities across Ohio.

**QUESTIONS?** If you have any questions or need assistance with registration please contact the Cardi-OH Team at [info@Cardi-OH.org](mailto:info@Cardi-OH.org).

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Other Healthcare Professionals: check with your professional association as these credits might be applicable for hours towards licensure renewal.

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