

Please join us *online* or *by phone* for

# Coffee and a Chat



**Coffee and a Chat** is back for the new year with these great presentations. Enjoy seeing familiar faces while discussing and learning about important health topics, all from the comfort of your own home.

We'll use Zoom video chat to get together with local experts in brain health and aging-related fields. You can ask as many questions as you want, and afterwards we'll have time for discussion and chitchat.

**To register, go to [wai.wisc.edu/milwaukee](http://wai.wisc.edu/milwaukee) or leave a message at (414) 219-5124 with your name and email address.**



Friday March 4<sup>th</sup> at 2:00 p.m.

### **"Brain & Heart Health Highlight: Stroke"**

Julia Means, RN

Ascension/Columbia St. Mary's, Milwaukee Board of Health,  
WAI Milwaukee Community Advisory Board



Thursday March 10<sup>th</sup> at 2:00 p.m.

### **"Diet, Gut Health, and Brain Health"**

Dr. Barbara Bendlin, PhD

Associate Professor at the University of Wisconsin-Madison  
Department of Medicine and principal investigator at Wisconsin  
Alzheimer's Disease Research Center – Bendlin Lab

Tuesday March 8<sup>th</sup> at 2:00 p.m.

### **"My Experience With Stroke"**

Vivian L. King

Author of "When the Words Suddenly Stopped: Finding My Voice  
Again After a Massive Stroke," former broadcast journalist, and  
Communications Advisor at All of Us Research Program Wisconsin



*Watch your mailbox and your email for information about other upcoming events this year!*



### **Wisconsin Alzheimer's Institute**

UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH  
Regional Milwaukee Office



### **Center for Community Engagement & Health Partnership**

UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH  
Regional Milwaukee Office

### **Get in touch with our Institute!**

*Outreach & Services:* **[wai.wisc.edu/milwaukee](http://wai.wisc.edu/milwaukee)**  
(414) 219-5124

*Research:* **[wrap.wisc.edu](http://wrap.wisc.edu)**  
(414) 219-7911