

Please join us online or by phone for

Coffee and a Chat



Coffee and a Chat is finally back for 2023! Tune in on Zoom Video Chat to join us for some of our best sessions yet. We'll have great presentations and casual conversation with area experts and local community members. All questions are welcome at Coffee and a Chat.

To register, go to wai.wisc.edu/milwaukee. If you can't, just leave a message at (414) 219-5124 with your name, email address, and preferred sessions.



Thursday, Feb. 23, 11 a.m.

"Healthy Living: Exercising at Home"

Sarah Lose, MS & Bri Briedenbach, PhD
UW-Madison Alzheimer's Disease Research Center – Okonkwo Lab



Thursday, March 9, 2 p.m.

"Community Gardening: Growing Healthy Bodies, Minds, and Neighborhoods"

Grian Hollies-Maxwell & Samson Srok
Groundwork Milwaukee

Tuesday, Feb. 28, 11 a.m.

"Get Involved with Hunger Task Force"

Rick Lewandowski
Director of Senior Services – Hunger Task Force

Tuesday, March 14, 2 p.m.

"Vegan Soul Cooking Demonstration"

Chef Mama Zakiya
Vegan Soul



Wisconsin Alzheimer's Institute

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



**Center for Community Engagement
& Health Partnership**

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Get in touch with our Institute!

Outreach/Services: wai.wisc.edu/milwaukee
(414) 219-5124

Research: wrap.wisc.edu
(414) 219-7911