

# Mental Wellness Speaker Series



## The Role of Nutrition and Fitness in Mental Wellness

Amanda Porter  
Lindner Center of HOPE

Lisa Coors  
Coors Coor Fitness

**Wednesday, January 22**

6:30pm  
Anderson Center  
7850 Five Mile Road  
Cincinnati, OH 45230

## Normal Aging vs. Not Normal Aging

Learn the difference between the natural adjustments made to survive with a normally aging brain and what truly is a “red flag” for symptoms of Dementia.

Teresa Youngstrom  
RN, Dementia Specialist

**Wednesday, March 4**

6:30pm  
Anderson Center  
7850 Five Mile Road  
Cincinnati, OH 45230

