



Betty Lacy, MD

The Dementia Dilemma

Thurs Jan.30, 6-7pm

Recent developments have improved our understanding of Alzheimer's and are changing the way we think about this disease and other related dementias. Find out what can increase your risk of dementia and how to reduce that risk. Discover hope in the face of our #1 aging fear.

Betty Lacy, MD is a retired psychiatrist who transformed her Ukiah based practice into a brain health coaching program after both her parents became ill with dementia. Her mission is to become the first woman in four generations to not get Alzheimer's Disease. Along this journey, she is discovering practices that have the potential to reduce, modify and change the course of Alzheimer's Disease and related dementias.



A PROGRAM OF THE FRANK R. HOWARD FOUNDATION

Call 456-9676 for more information.
Email: spicetti@howardfoundation.org.
Visit: avenuestowellness.org.

Dementia: The epidemic no one is talking about



Learn of new developments in the field of Alzheimer's Research



Understand the Genetics & Epigenetics that Influence Dementia



Discover how fear & hope can co-exist, leading to healing

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