



**SEATING IS LIMITED
To RSVP!**

**Call 941-955-9099, or
Go to AldermanOaks.com**

BRAIN HEALTH SEMINAR REVERSAL, TREATMENT, AND PREVENTION OF COGNITIVE DECLINE

**Friday, October 23, 2026
2:00 PM to 3:30 PM**

SEMINAR PRESENTER



**Ruth Ann O'Ski
MSN, APRN, FNP-C
Board Certified Family
Nurse Practitioner**

GreyMattersHealth.org

PROGRAM OVERVIEW

Join us for this seminar to learn more about an innovative approach to Brain Health and Cognitive Decline.

They are the first primary care clinic that focuses solely on maintaining and improving Brain Health.

Using Dr. Dale Bredesen's protocols Grey Matters provides patients, families, and caregivers with comprehensive care.

They focus on cognitive decline, and, unlike other clinical specialties, treat the whole person with primary and integrative, evidence-based care.

KEY TOPICS

- **A New Approach to Brain Health**
- **Myths of Alzheimer's Disease and Dementia**
- **How & When to Measure Your Brain Health**
- **Prevention and Reversal of Cognitive Decline**
- **Details About the CMS GUIDE PROGRAM**



Seminar Attendees Will Be Invited to Participate in a Free Follow-Up Montreal Cognitive Assessment (MoCA Test).

IN THE NEWS: Grey Matters Health was Selected by CMS (the Centers for Medicare and Medicaid Services) to Test the Medicare Dementia Care Model GUIDE (Guiding an Improved Dementia Experience) which Aims to Increase Care Coordination and Support for Caregivers.