building brain health

dementia: what is it?

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Summary:**

In this session of Building Brain Health, Dr. Rob Winningham discusses dementia vs. Alzheimer’s and the varied types of dementias. He also explains the signs of dementia vs. “normal” aging, the role of executive functioning and how it’s affected by dementia, and how to support those living with dementia. He also discusses mindfulness apps and the importance of mindfulness on cognitive health.

*“The human brain is a wonderful organ. It starts to work as soon as you are born and doesn't stop until you get up to deliver a speech.”* – George Jessel

# NOTES:

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |