

FRA is Pleased to Announce.....



A PRESENTATION BY DR. BRIAN SKOTKO, M.D., M.P.P.

Thursday, March 5, 2020

7:00-8:30 pm

At FRA 210 Newman Springs Rd East, Red Bank, NJ

BRAIN TRAIN: SMART ACTIONS THAT MIGHT BOOST COGNITION AND PREVENT ALZHEIMER'S DISEASE IN PEOPLE WITH DOWN SYNDROME

Two of the most common, yet challenging, questions that Dr. Skotko is asked by caregivers:

(1) How can you prevent Alzheimer's disease in people with Down syndrome?

(2) How might we boost their cognition?

While exciting research is unfolding in laboratories across the world, there are strategies that caregivers can take right now in respect to these two questions. In this presentation, Dr. Skotko reveals his recommendations, which must meet all of the following criteria:

(a) supported, in part, by quality science,

(b) have practical applications for home,

(c) be adaptable to people with Down syndrome, and

(d) pose no risk to people with Down syndrome.

This is not a presentation on how best to educate people with Down syndrome. This is not a presentation about supplements or nutraceuticals. Instead, Dr. Skotko provides a set of actions that caregivers can take that might improve the long-term wellness for their loved one with Down syndrome. Attendees will come away with immediate steps that can be implemented in their homes.

Dr. Skotko will be joining us remotely. We hope you can be there too!

For questions or to RSVP, contact Sue Levine at slevine@frainc.org

Or 732-747-5310 ext 117