



Free Webinar:

Brainwaves: Insights in Cognitive Health

Your brain's health is crucial to your overall wellbeing and impacts every aspect of your life. Our upcoming webinar "**Brainwaves: Insights in Cognitive Health**" will provide extensive information on brain health and why it matters, how to optimize your brain health, Alzheimer's Disease, caregiver tips, and resources available to you.

Please join Alight's Physician Ally **Dr. Caitlin Fawcett** as she discusses these important topics:

- Brain Health – why it matters and how to optimize
- Alzheimer's Disease – signs & symptoms, diagnosing, and treatment options
- Caregiver wellbeing
- Exploring benefits, technology, and other resources available to you

Live webinar: Wednesday, November 13th at 11:00am CST

Register to attend: Scan the QR code or visit

mymedicalally.alight.com/s/webinars

A recording of the webinar will be available on demand after the live presentation.



Your employer provides support from a Medical Ally, with access to **free**, unlimited information and guidance for any medical or behavioral health condition.



VISIT mymedicalally.alight.com

Company Code: Bimbo



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