



New Program Offering

Nutrition for Cognitive Health – A Two-Part Presentation

with Yael Bernhard

Join me in this informative two-part presentation and learn the power of epigenetics (how our genes express themselves), with practical dietary and lifestyle suggestions to prevent or even reverse cognitive decline.

Part 1: Saturday, August 23rd, 3pm - 4:30pm

Part 2: Saturday, August 30th, 3pm - 4:30pm

This class is **free** and open to the public, funded by a generous grant from the
Community Grant Foundation.

Registration is encouraged by calling Wellness Rx at [845-688-0188](tel:845-688-0188)

Though it's widely believed that nothing can be done to stop cognitive decline, and drugs are notoriously ineffective, new research in nutrition holds out great hope. Brain health is largely a function of inflammation levels, exposure to toxins, and cerebrovascular function.

With healthy eating habits, much can be done to reduce inflammation, increase circulation to the brain, and prevent hardening of the arteries and build-up of dangerous plaque.

In this 2-part presentation, we will discuss which foods and supplements to avoid, which to add, and even the order in which foods may be eaten in order to protect the brain and reduce the chance of developing *all* chronic inflammatory conditions, including cancer, hypertension, and so much more. The use of herbal and fungal extracts will also be discussed.

Hope to see you there!

Can't make the in-person class?

The class will also be offered online on September 4 & 11.

Please email dyaelbernhard@protonmail.com for more information.



Yael Bernhard is a writer, illustrator, and educator with a lifelong passion for nutrition and herbal medicine. She was certified by Duke University as an Integrative Health Coach in 2021 and by Cornell University in Nutrition & Healthy Living in 2022.

Yael also has an extensive background in herbal medicine and has foraged and made her own medicines all her life.

She is also production manager for Catskill Fungi, producing high quality medicinal mushroom extracts, writing articles, and leading mushroom walks. Yael also publishes [The Art of Health](#), an illustrated newsletter about cutting-edge concepts of nutrition.