

# Need to Know Series

What you've been looking for...



Experts. Education. Resources.

**Thursday, February 28th at 7 p.m.**

***What's New with Medical Cannabis in Illinois- Kirsten Velasco***

Are you curious about medical cannabis? Do you have questions? Many people have tried all the traditional medical options without relief. Find out why so many states provide access to this ancient therapy. Kirsten Velasco, board member of Illinois Women in Cannabis (not-for-profit) will present the science, medicine, patient experience, and 2019 updates for the Pilot Study.



**Wednesday, March 20<sup>th</sup> at 7 p.m.**

***The MIND Diet- Kristin Gustashaw, MS, RDN, CSG, LDN***

Ranked one of the top diets of 2019 by US World News and Reports, the MIND diet (Mediterranean-Dash Intervention for Neurodegenerative Delay) proves to be one of the best diets for your mind, body, and spirit. But, more importantly, it also rated as one of the easiest diets to follow. Join us in learning ways we can live better by incorporating the MIND diet into our daily lifestyle.



**Thursday, April 25th at 7 p.m.**

***Depression and Dementia- Mary Crois, Psy.D.***

Mary Crois, a licensed clinical psychologist will discuss the relationship between depression and dementia. Does dementia cause depression? Does depression cause dementia? If you're curious about the answer to this, you won't want to miss to this talk!



**Thursday May 9th at 7 p.m.**

***Technology in the Home- Katie Schaff Fagan, MSW, LCSW, CDP***

Alexa, Siri, and Google- oh my! There are so many gadgets available to make our lives a little easier and stay connected. But if you're intimidated by technology, where do you begin? Katie Schaff Fagan will help provide some examples of easy ways to use technology in your home. If you got an Amazon Echo for Christmas, but haven't yet pulled it out of the box, this is the talk for you!



RSVP for these free programs by calling 630-581-7350 or e-mail: [mbeatty@birches.net](mailto:mbeatty@birches.net)

The Birches Assisted Living ● 215 55<sup>th</sup> St. ● Clarendon Hills, IL 60514 ● [birches.net](http://birches.net)