



THE KENSINGTON

An Assisted Living Residence

WHITE PLAINS

Hot Flashes & Warm Brownies

Women's Brain Health: Hormones, Healthy Eating and Happiness

At The Kensington, we celebrate the caregiver and are committed to bringing you thoughtful information to support you and your health. A proactive approach to brain health can slow down the risk factors of Alzheimer's and dementia significantly.

**Wednesday, September 30th
6:30 - 7:30pm EDT via Zoom**

Join **Dr. Mary Kay Ross** and **Dr. Annie Fenn** as they discuss the connection between estrogen, food and women's brain health.

Dr. Ross will delve into the pros and cons of estrogen replacement therapy as a healing brain protocol and the effects of estrogen on women's cognition.

Dr. Fenn will introduce specific foods that you can eat to encourage brain health and will share some great recipes including (you guessed it) warm brownies – that will be sure to bring you happiness!

This interactive seminar is for women of all ages who are looking to care for their brains and feel good!



Dr. Mary Ross

Founder & CEO
of the Brain Health
& Research Institute



Dr. Annie Fenn

Chef, Culinary Instructor
and Creator of
BrainHealthKitchen.com

RSVP online at TheKensingtonWhitePlains.com/events

Contact us with any questions at 914-390-0080