

Shared Medical Appointments at the Center for Healthy Aging

Learn the current science and practical strategies to optimize brain health, reduce stroke and dementia risk, and slow dementia progression.



Dr. Nancy Isenberg

9 in 10
strokes are
preventable

40%
of cases of dementia
are preventable

Appointment participants will:

- Learn the seven proven stroke prevention strategies.
- Develop skills and tools to reduce the risk and slow the progression of Alzheimer's and other dementia.
- Review evidence-based approaches to restore and optimize brain function.
- Address hidden disabilities common after stroke such as mood and cognitive challenges.
- Implement strengths based compensatory strategies to better manage memory loss.

LOCATION:

Swedish Center for Healthy Aging
7320 216th St. SW, Suite 310
Edmonds, WA 98026

To make an appointment, call: 206-320-7200.

Patients must be established with Dr. Nancy Isenberg (or another Swedish neurologist) and have been seen within the past year.