

# FALL SPEAKER SERIES:

## Healthy Aging and Wellness

### North Bellevue Community Center

The North Bellevue Community Center has teamed up with the University of Washington Medicine and VA Puget Sound Health Care System to offer a special **free online Speakers Series via Zoom**. On the second Tuesday of each month we will present remarkable talks featuring local professors and health care professionals who specialize in healthy aging and wellness. Each talk is about 45 minutes with a 15-minute Q&A session. We hope you'll join us for one, two or all three of these talks to discover important information about healthy aging, brain health and wellness. All events are free but pre-registration is required. Each session is designed to be informative and interactive, with a chance to ask your questions live of our presenters.

#### YOU HAVE TWO OPTIONS TO PARTICIPATE:

**Online:** Joining online you'll need a computer with internet to participate, and instructions for connecting will be emailed after you register.

**In person:** We will have a computer connected to a television screen at NBCC.

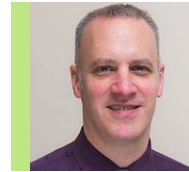


**King County**

**Veterans, Seniors & Human Services Levy**

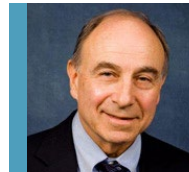
This program receives funding from the King County Veterans, Seniors and Human Services Levy.

#### PRESENTERS:



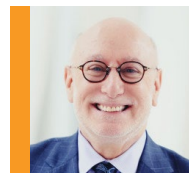
#### **Dr. Patrick Raue**

Healthy Aging  
Tuesday, Sept. 14,  
1-2 p.m.



#### **Dr. Murray Raskind**

Forgetfulness  
episodes in later life...  
when are they benign,  
and when should one worry about  
Alzheimer's Disease  
Tuesday, Oct. 12, 1-2 p.m.



#### **Dr. Michael Schrift**

Alzheimer's Disease  
and Dementia/  
Medications  
Tuesday, Nov. 9, 1-2 p.m.

#### REGISTRATION:

To sign up for **in-person**  
contact the NBCC by phone  
425-452-7681 or email  
nbcc@bellevuewa.gov.

