



THE
BRAIN
NERD

JANET RICH PITTMAN
DEMENTIA PREVENTION SPECIALIST

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Dementia Administrator, Practitioner and Preventionist
Showing us How to Age Successfully with NO Pain and NO Dementia
Helping us Prevent Alzheimer's
TheBrainNerd.com

"Don't we want to enjoy
the journey of the rest of
our lives with a sharp mind
and healthy body? "



Dementia Chess was the game Janet played daily as Dementia Administrator, Dementia Practitioner and Director of Marketing for a 100 door senior residential community. She constantly had to move residents from independent living to an assisted living facility then to a locked down memory care dementia facility. Being a strategist playing this dementia chess game for her residents promoting healthy and safe living was not only painful and exhausting but also unacceptable.

Dementia is not part of normal aging. Dementia is a disease. Dementia can be prevented. Yet many of us simply don't know much about how to age successfully or how to prevent dementia. Janet, akaThe Brain Nerd, can help. Her mission is to speak to and reach as many people as possible on the ways to prolong, beat, even prevent the occurrence of dementia. Through her blog OnTheBrain found through www.TheBrainNerd.com, many published magazine articles, speaking to various groups and organization and through many community organizations devoted to senior health and successful aging, Janet strives to share successful aging and dementia prevention knowledge with all so we may enjoy our life's journey.

Learn more about Janet and contact her to speak to your group.

Dementia Administrator | Dementia Practitioner | Speaker, Writer, Blogger
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