

# GRAY MATTERS

Free Brain Health Workshops



## Is Alzheimer's Disease the Diabetes of the Brain?

**You're probably familiar with Type 1 and Type 2 Diabetes.**

**BUT have you heard of Type 3 Diabetes?**

Join Jewish Family Service and presenter **Scherrie Keating, RN**, as she helps us increase our understanding of the critical relationship between insulin resistance and Alzheimer's Disease.

Hear the latest cutting-edge research and potential treatment options, and learn lifestyle changes that are showing promise in improving cognitive function in patients with early stages of Alzheimer's Disease.

**Wednesday, March 16, 2022**

**1-2:30pm**

**Register in advance for this Zoom event at:**

<https://us06web.zoom.us/meeting/register/tZ0pd-CqqzkjE909FuPnq6PT6cIguhWKQ6dc>

**After registering, you will receive a link via email to join the meeting.**

*\*Please note that this presentation WILL NOT be recorded.\**

### **About the Presenter:**

**Scherrie Keating, RN** is a keynote, educational and motivational speaker on the topics of Prediabetes, Type 2 Diabetes and Type 3 Diabetes. As a Registered Nurse for over 38 years and a Certified Diabetes Care and Education Specialist, she has cared for thousands of people living with Diabetes. After learning Type 2 Diabetes was preventable, she became a CDC, National Diabetes Prevention Program Lifestyle Coach, Certified Dementia Specialist, Certified Ageless Grace Educator and started Diabetes Kare Consulting, LLC. Scherrie is the Producer and Host of *Talk Me Healthy* TV Show and Podcast, has been featured in *Boston Voyager* as one of their inspiring stories and named the 2021 Ambassador of the Year for the North Central Massachusetts Chamber of Commerce. She is author of an upcoming book called *The Life Changing Power of Your Why*, a contributing writer for the book *Thriving at Home* by Dave Tasto and has written for *Choices in Senior Living and Care* magazine.