

GRAY MATTERS

Free Brain Health Workshops

IN-PERSON EVENT

Food for Thought: The Importance of Food for Our Brain Health

Join us as Registered Dietician, Elizabeth Freyre, helps us learn how to use food to support a healthy body and brain - the hungriest organ of all! This workshop includes a live, healthy snack demonstration. You'll leave with practical tips to nourish both your body and mind.

Wednesday, May 21, 2025

1-2:30pm

Meer Apartments

6760 West Maple Road, West Bloomfield

Register for this in-person event by emailing MindU@jfsdetroit.org
or call 248-788-MIND (6463)

Space is limited, please register early.

About the Presenter:



Elizabeth Freyre, RDN has been practicing as a Registered Dietitian Nutritionist (RDN) for over 18 years in a variety of settings; clinical inpatient, outpatient, and private practice. She has been Jewish Senior Life's Dietitian for over two years, responsible for various nutrition-related tasks, leading nutrition classes, conducting cooking demonstrations, and offering private nutrition counseling to all residents. Elizabeth lives close by in Farmington Hills. Outside of work, she stays busy as a wife and three children: two sons (20 and 16 years old) and an 11-year-old daughter.