



Jo Jo Wang, Registered Dietitian

Jo Jo is a Registered Dietitian with plenty of experience in chronic disease management. She works in the hospital to optimize patients' recovery with proper nutrition therapy. She also promotes healthy eating, shares recipes, and answers listeners questions on Fairchild Radio. Recently, Jo Jo partnered with two more dietitians to publish a cookbook "Dietitians at Home" hoping to inspire others to try new healthy ingredients in cooking.

Session: *Can diet prevent dementia?*

- Objectives:**
1. Understand nutritional requirement for brain health and staying healthy in general
 2. Nutritional challenges in people with dementia
 3. Tips on how to help prevent malnutrition in people with dementia

Date: Day 2 - Sunday, December 12, 2021