

EA LAB NEWSLETTER

Jan
2025

RECENT LAB NEWS



Member Highlight: Nyla Swain

As a graduate Research Assistant in the EA Lab, Nyla is a passionate M.S. student in Medical Sciences with a deep commitment to advancing mental and brain health, particularly in underserved communities. Outside of academics, Nyla is an avid traveler, fitness enthusiast, and home chef. Great to have you on our team, Nyla!

CAREGIVER CORNER

WE have 4 spots left in our harmony dementia clinical care program! do you know or care for someone with dementia in Kentucky?

Our Caregiver Training Research Program Provides: 8 weekly free & live online zoom meetings with a specially trained dementia educator from the comfort of your own home, if you qualify.

Learn More at: bit.ly/3NDMURd or Scan the QR Code below



FUEL YOUR BRAIN'S POTENTIAL

Sleep

If fitness is on your list of resolutions, sleep can help you stay consistent! Sleep to improve your workouts, workout to improve your sleep!

Nutrition

Try this Baked Brie, Sun-Dried Tomato and Spinach Pasta, a balanced dish that's hearty and refined! Recipe [here!](#)

Exercise

As it's getting colder, stay active by doing indoor exercising like yoga or guided meditation to improve your mind-body health!

Novelty

Get creative with your New Year aspirations and goals by scrapbooking a vision board!

Socialization

Host a vision board party and invite family and friends to create 2025 vision boards!

@Engagedaginglab

Contact Dr. Elizabeth Rhodus if you have any questions at: Elizabeth.rhodus@uky.edu