

# Nutrition & Wellness for Optimal Performance & Brain Health Workshop

MERIDAN ZERNER, MS, RDN, CSSD, LD, CHWC



Meridan Zerner is an award-winning Registered Dietitian Nutritionist with 30+ years of experience in the field of health and wellness. The last 22 years have been spent at Cooper Clinic, where she not only works with patients, but shares her passion for nutrition through media segments and lectures across the country. Meridan received her Bachelor of Science from Syracuse University and Master of Nutritional Science with an emphasis in health promotion from the University of Oklahoma. A Certified Specialist in Sports Dietetics (CSSD), she shares her expertise in weight management and exercise, sports nutrition, preventive and cardiovascular health, and nutrition through the life cycle. Meridan is a Certified Health and Wellness Coach and uses behavioral change skills to help support long-term lifestyle changes in her patients. Her wellness philosophy is to do the best you can with what you have, where you are.

Discover the profound connection between what you eat, how long you live, and the house of your brain. Makes a small changes that come together to enhance the quantity and quality of your life using the latest research in nutrition science, the gut-brain, immune connection and other tools connected to greater longevity. Whether you're speaking to improve daily cognitive performance or invest in long-term health, this session provides the knowledge and tools to thrive at every age, one bite at a time.

AGD Subject Code: 150  
CE Hours: 2.5 Technical and/or Scientific  
CE Verification provided  
Conflict of Interest: None

Hosted by the DCDS Membership Development Committee

Sponsored by the ADA Council on Membership



## Learning Objectives:

- The critical and synergistic elements of wellbeing that contribute to brain and overall health. The mind and the body are an integrated circuit!
- The foods, herb and spices that contribute antioxidants, healthy, fat, and micro nutrients for brain health.
- How inflammation and oxidative stress accelerate aging, and cognitive decline – and how nutrition can counteract these effects.
- The science behind intermittent fasting...is it impactful and is it right for everyone?
- Practical dietary strategies for optimizing energy, mental clarity, and focus – discover the “best” diet of 2025.

**ONLINE REGISTRATION REQUIRED FOR THIS  
IN PERSON EVENT BY MARCH 3, 2025.**

**Register online at [www.dcds.org/events](http://www.dcds.org/events) for this  
9:00-11:30 a.m. event.**

ADA Member Dentists	FREE	Dental Students	FREE
Non-Member Dentists	FREE	TAMUCOD Faculty	FREE



# March 7

**REGISTER TODAY AT [WWW.DCDS.ORG/EVENTS](http://WWW.DCDS.ORG/EVENTS)**

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Concerns or complaints about a CE provider may be directed to the provider or to ADA CERP at [www.ada.org/goto/cerp](http://www.ada.org/goto/cerp).

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