

Building and Maintaining Long-Term Brain Health

Before the pandemic, health authorities projected a 67% increase in dementia, Alzheimer's disease, and stroke between 2020 and 2030. Those numbers will surely rise as a result of the pandemic-related stress and anxiety experienced since 2020.

There is no excuse to allow this to happen. Scientists now know that dementia and Alzheimer's are basically lifestyle diseases. What we do to our bodies in our 30s, 40s, and 50s significantly impacts our risk for brain diseases in our 60s and 70s.

This keynote shares the scientific information from the author's award-winning book *Better Decisions Better Thinking Better Outcomes: How to Go from MIND FULL to Mindful Leadership*.

Steven is passionate about this subject as he was the primary caregiver for his father, who suffered from early Alzheimer's disease before his passing.

Key messages in this keynote talk:

- Why Alzheimer's disease and dementia are life-style diseases.
- The steps everyone can take to protect the long-term health of their brains.
- Ways to reduce your risks of brain diseases at any age.

Steven Howard Keynote Speaker | Award-Winning Author

Leadership speaker and award-winning author Steven Howard is a dynamic, thought-provoking, and engaging speaker who brings to audiences the perspective of over 40 years of senior leadership experience in North America, Asia, and Australia.

He also brings a truly international and multicultural perspective to his keynote presentations, having lived in Singapore for 21 years, Australia for 12 years, and Mexico for two years.

A highly accomplished platform and virtual speaker, Steven provides Leadership Keynote Speeches globally for public and corporate conferences, off-site meetings, leadership retreats, and association meetings.

Steven was named one of the Top 200 Global Voices on Leadership in January 2023. In awarding his book *Better Decisions Better Thinking Better Outcomes* a Silver Medal, the Nonfiction Authors Association wrote, "Howard brings a comprehensive plan of action for improving life through recognizing decision-making patterns that don't serve us well, don't enrich our lives, and don't bring us to our goals and dreams."

