

News

Brain Health Specialist Janet Rich Pittman shares ways to keep our brain sharp

By:

Tonya Pruitt (<https://www.dothanfirst.com/meet-the-team/tonya-pruitt/1178566444>)

✉ (<mailto:tpruitt@wdhn.com>)

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Janet Rich Pittman is a brain health advocate on a mission to help people fight the affects of aging by powering up their brains. As a Licensed Dementia Administrator an Certified Dementia Practitioner, she has seen firsthand what dementia can do to its victims and their families.

She is the co-founder of Gulf Coast Dementia Services, a nonprofit dedicated to advocating for senior health, and served as the Vice President of its board of directors. She is also the co-founder of co-facilitator of the Alzheimer's Dementia Support Group of South Alabama, for which she was trained and vetted by the National Alzheimer's Commission to establish the first e consultation service for patients ar



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