



Kate Kunkel

Dementia Prevention Specialist

When her mother was diagnosed with dementia in 2010, Kate set out on a quest to discover why this happened, how she could help her mother, and ensure that she herself would not succumb to this terrible syndrome.

What she learned inspired her to embark on what she considers the most important mission of her life - to make dementia and Alzheimer's rare diseases, and to empower people to take control of their own health and future.

Through coaching and speaking, Kate helps people take the steps to improve their memories, sharpen their cognitive abilities and save their brains from the ravages of dementia and Alzheimer's because she believes that....

Losing Your Mind is a Choice

Kate Kunkel's Media Topics

- **Vibrant Aging and Your Lifestyle** *Aging does not mean getting old or sick or losing your mind. Kate helps your guests understand that they are not at the mercy of time or their genes and shares helpful tips on ways they can avoid Alzheimer's, dementia, and many of the health issues that contribute to these diseases.*
- **Music and Your Mind** *Kate explains how music can help save your brain, and shares three fun, easy and proven ways to use music to help improve memory, enhance focus and cognition, and protect against age-related cognitive decline.*
- **To Be... or not to Be... Vegan** *There is a lot of talk today about the environmental and health issues surrounding industrial meat and dairy production. Kate shares insights on ways that your guests can help the planet AND improve their health and their brains by choosing a kinder, gentler diet.*

"From start to finish, Kate Kunkel was engaging, informative and provided great content for my podcast audience. Her vast knowledge on her subject matter is evident. I can highly recommend Kate for shows seeking a high energy expert."
*Kathleen Gage, Host
Plant Based Eating for Health Podcast*



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