

Getting Ahead of Brain Health

Brain Health Conference



Presented by



JANUARY 23, 2026

Hilton Orange County/Costa Mesa

8:00 am - 3:30 pm

Go beyond the basics of brain health!
Learn from leading experts to see how
you can preserve and protect your
cognitive wellness at any age.



Register today



TOPICS



Biohacking Your Brain: What Works and What's Hype



Retraining Your Brain at Any Age: The Power of Neuroplasticity



Digital Dementia: Is Technology Making Us Forgetful?



Understanding Dementia Risk: What You Can—and Can't—Change



Inflammation & The Brain



Your Brain Health Roadmap: What to Do Starting Tomorrow



The Gut–Brain Connection: How Your Microbiome Shapes Mood, Memory, and Mental Clarity

EVENT SPEAKERS



**DR. DUNG
TRINH**

Healthy Brain Clinic



**DR. JOSHUA
GRILL**

UCI MIND



**DR. AARON
RITTER**

Hoag



**DR. WINNIE
PAK**

Elevated Clinical



**DR. MICHAL
YASSA**

UCI



**DEVIN TEICHROW,
MSC**

UCI



**DR. DANNY
BENMOSHE**

*Los Angeles
Neurology*



**LAUREN
WEISS**

*Alzheimer's
Orange County*

\$20

Admission:

INCLUDES:

Parking | Lunch & refreshments | 4 hours of CE Credit*

**BBS/CAMFT, RCFE, BRN*