

Alzheimer's | ORANGE COUNTY

Getting Ahead of Brain Health

Innovative Strategies for Cognitive Longevity

Agenda:

8:00 am - 9:00 am: **Resource Fair, Complimentary Breakfast and Check in**

9:00 am - 9:05 am: **Welcome and Orientation** - Jim McAleer, Alzheimer's Orange County

9:05 am - 9:10 am: **Welcome and Thank You** - Supervisor Katrina Foley

9:10 am - 9:25 am: **Your Brain Health Roadmap: What to Do Starting Tomorrow**

Lauren Weiss, Alzheimer's Orange County

9:25 am - 10:00 am: **Understanding Dementia Risk: What You Can—and Can't—Change**

Dr. Joshua Grill, UCI MIND

10:00 am - 10:35 am: **Inflammation & The Brain**

Dr. Winnie Pak, Elevated Clinical

10:35 am - 10:55 am: **Break**

10:55 am - 11:30 am: **Digital Dementia: Is Technology Making Us Forgetful?**

Devin Teichrow, MSc, UCI

11:30 am - 12:10 pm: **Alzheimer's Update: Plaques, Tangles, and Beyond...**

Keynote Talk presented by Dr. Dung Trinh, Healthy Brain Clinic

12:10 pm - 1:05 pm: **Lunch**

1:05 pm – 1:15 pm: **Welcome Back and Introduction to AlzOC** – Jim McAleer

1:15 pm - 1:50 pm: **The Gut–Brain Connection: How Your Microbiome Shapes Mood, Memory, and Mental Clarity**

Dr. Danny Benmoshe, Los Angeles Neurology

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1:50 pm - 2:25 pm: **Retraining Your Brain at Any Age: The Power of Neuroplasticity**

Dr. Michael Yassa, UCI

2:25 pm - 2:50 pm: **Break**

2:50 pm - 3:25 pm: **Biohacking Your Brain: What Works and What's Hype?**

Dr. Aaron R. Ritter, Hoag

3:25 pm - 3:30 pm: **Closing remarks-** Jim McAleer

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