

Dementia Risk Reduction

2026 Dementia Caregiver Education Series

Physician & Dementia Expert Panel

Health Fair 8:00am-12:00pm
Caregiving resources
Adult Day Program
Placement options
Next steps
Free Memory screening
and much more!

October 3rd

Doors open at 8:00AM

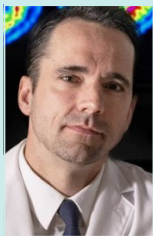
Join us at:

**Mount of Olives
Adult Day Program
24772 Chrisanta Dr.
Mission Viejo**

949.581.3800
adp.moorchurch.org

Ask a Dementia Expert

Presentation 9:00am-11:00am



Aaron Ritter, MD
Director Hoag's Pickup
Family Neurosciences Institute



Michael Yassa, MD
Director of UCI Center for
Neurobiology of Learning
& Memory



Shadi Gholizadeh,
PhD, MPH
Chief Quality & Innovation
Officer The Key



Neal H. Patel, DO
Family Medicine &
Whole-Person Aging



Winnie Pak, PhD
Founder
Elevated Clinical
MODERATOR

Your Dementia Care Questions—Answered!

- Which commonly advertised dementia treatments concern you most?
- Is there evidence that small amounts of exercise are beneficial when a full workout is unrealistic?
- When should primary care refer someone to a neurologist, memory specialist, sleep specialist, or mental-health professional?
- How can caregivers accept respite or outside help without feeling they have failed?

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