Alzheimer's | ORANGE COUNTY

Getting Ahead of Brain Health Conference

BRAIN HEALTH MEMORY LOSS
ALZOC.ORG

THE FUTURE OF BRAIN HEALTH: FROM RISK TO RESILIENCE

Join us for a full day of brain health insights from leading researchers and experts in the field. Explore cognitive resilience, sleep, your environment, emerging science, how beliefs and emotions shape wellness, and more. Walk away with real tools and a clearer picture of risks to your brain health and what you can do about them.

TOPICS INCLUDE:

- Body and Mind: How Beliefs, Thoughts, and Emotions Influence Brain and Overall Health | Dung Trinh, MD
- Emerging Medicinal Science | Craig E. L. Stark, PhD
- From Research to Real Life: Your Brain Health Roadmap | Lauren Weiss
- And more

Friday, January 29, 2027
Hilton Costa Mesa |
3050 Bristol Street, Costa Mesa

www.alzoc.org/brain