

November is Alzheimer's Awareness Month

Brain Health Forum

PROTECT YOUR BRAIN, IT'S YOUR FUTURE

Presented by USC Verdugo Hills Hospital & USC Alzheimer's Disease Research Center

- How to take care of your brain
- Enhance your cognition
- Boost your memory
- Learn the benefits of a healthy lifestyle



Saturday, November 4, 2017

8 am - 1 pm

USC Verdugo Hills Hospital

1812 Verdugo Blvd., Glendale, CA 91208

Free Parking is Available

YOU MUST REGISTER TO ATTEND

Online registration: [ESVP LINK TO COME](#)

or contact: (818) 952-3592

Schedule

8:00 - 9:00

Continental Breakfast

8:45 - 9:00

Welcome, Background and Context

Freddi Segal-Gidan, PA, PhD

*Associate Professor of Clinical Neurology
and Family Medicine, Keck School of Medicine of USC*

9:00 - 9:45

**Talking with Your Medical Provider
About Memory Concerns**

Laura Mosqueda, MD

*Chair and Professor of Family Medicine
Interim Dean, Keck School of Medicine of USC*

9:45 - 10:15

Aging and Memory Loss

John Danner, LCSW

Recruitment Coordinator, ADRC, USC

10:30 - 11:15

Vascular Risks and Cognition

Helena Chui, MD

Chair of Neurology, Keck School of Medicine of USC

11:15 - 11:45

Resources for Patients & Families

Susan Howland, MSG

Alzheimer's Greater Los Angeles

11:45 - 12:15

Brain Healthy Cooking - With Demonstration

Ed Blomendahl, MPT

Silverado Senior Living

12:15 **Brain Healthy Lunch Provided**

**USC Verdugo
Hills Hospital**

Keck Medicine of USC

**USC Memory and Aging Center
Alzheimer's Disease Research Center**

www.usc.edu/memory

In collaboration with

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