

Mayo Clinic Conference on Brain Health and Dementia

In collaboration with AARP and The Alzheimer's Association

Schedule-at-a-Glance

* = livestreamed

8:00	Booths, Social Gathering, Refreshments	
9:00	Official Welcome from Mayo Clinic, the Alzheimer's Association, and AARP *	
9:25	Paths to Wellbeing * Kanada Yazbek – <i>Person living with Mild Cognitive Impairment and Advocate</i> Br John-Richard Pagan – <i>Person living with Lewy body Dementia and Advocate</i> Diana Cose – <i>Care partner & Founder of Lorenzo's House</i> Anne Labovitz – <i>Professional Artist</i>	
10:25	Brain Health and Dementia * Ronald Petersen, M.D. Ph.D. – <i>Professor of Neurology, Director Mayo Clinic Alzheimer's Disease Research Center</i> Kristine Yaffe, M.D. - <i>Professor of Psychiatry, Neurology, and Epidemiology, UCSF</i> Diana Pierce – <i>Speaker/Moderator, Former News Anchor</i>	
11:30	Lunch, Exhibits, Social, Art Making	
12:45	Breakout 9 options	Selection of Breakout offerings After the Diagnosis * How to Turn Challenges into Gifts How Occupational & other Therapies Support Better Living Living for Your Brain and Body Skillful Communication for Better Dementia Care When Does Forgetfulness Become Dementia? A Different Way: Addressing the needs of Indigenous Communities The Power in Purpose Yoga for Grief Relief Art for community building and emotional expression Advanced Planning: Putting All the Pieces Together * What Mental Health & other Professionals need to know about LBD Empowering Care Partner Spouses of Younger-Onset Dementia Aging & Dementia Related Research – A Deeper Dive Addressing the needs of African American and East African Caregivers Music Making to Promote Wellbeing Evidence-based Classes for Health & Wellbeing Mindfulness for Caring and Compassion * Advocating Starts at Diagnosis Supporting Youth Caregivers of Younger-Onset Dementia Parents Wellness Recovery Action Plan Managing Money: A Caregiver's Guide to Finances Small Towns Providing Big Support The Alter Program: Faith Communities successfully supporting African American Families affected by Dementia Let's Connect Healthy Aging Research in Indigenous and Rural populations Ask the Doctor
2:00	Breakouts 9 options	
3:15	Breakout 9 options	
4:15	Closing Plenary	
4:50	Adjourn	

**All times in CST