

BRAIN HEALTH FORUM: STRATEGIES FOR PREVENTION AND SUPPORT

Join us for a relaxed and informative
brunch focused on prevention, early
intervention, and support.



This isn't just another talk - it's a
conversation that matters. Our
expert panel will share practical tips,
the latest research, and real-life
experiences to help you protect
your brain health and navigate the
challenges of cognitive decline.

**FRIDAY, FEBRUARY 20TH
10:00 AM - 12:00 PM**

**THE SHORES TOWNHALL
2201 BAY AVENUE
OCEAN CITY, NJ**

Moderator

Pam Garofolo: UMC VP of Program Excellence.

Expert Panel

Sangeeta Appel: Home Instead, Owner;
Alzheimer's Association Champion, Certified
Dementia Practitioner Instructor

Dr. David P Roeltgen, MD: Cooper University
Hospital Cape Regional Medical Center, Neurology

Lisa DiTroia: Certified Dementia Practitioner,
Community Educator Volunteer with Alzheimer's
Association, Shore Medical Center

Dr. Christine Gayda: Stockton University,
Associate Professor, Neuropsychology Specialist

Courtney McLaughlin: Brownstone Center for
Wellness, Licensed Clinical Social Worker

Chris Burns: Caregiver & Nurse, sharing her
personal journey

**BRUNCH WILL BE SERVED. THIS COMPLIMENTARY
EVENT IS POSSIBLE BECAUSE OF OUR GENEROUS
SPONSORS: HOMEWORKS & JOURNEY HOSPICE**



LIMITED SEATING – RSVP TODAY!
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