



5th ANNUAL

BRAIN HEALTH SYMPOSIUM

UNLOCK YOUR MIND, ENHANCE YOUR LIFE: EMPOWERING BRAIN HEALTH FOR A BRIGHTER FUTURE!

FREE EVENT | VIRTUAL & IN-PERSON | LUNCH INCLUDED

SATURDAY, OCTOBER 18 | IDAHO COLLEGE OF OSTEOPATHIC MEDICINE | 9:00 A.M.-2:30 P.M.

Speakers and Presentation Schedule - All Presentations Approved for CME/CEC's

Dr. Christopher Weber PhD
Alzheimer's Association

Driving Risk Reduction, Understanding Risk
and Lifestyle Interventions For a Healthy
Mind

9-10 a.m.

10:15-11.15 a.m.

Dr. Megan Dunay M.D., MPH
- Keystone Center for Geriatrics

Understanding Delirium -
A Window into Brain Health

Delirium Prevention and Care -
A Team Sport

10:15-11.15 a.m.

Lisa Williams ATR, LCPC-S, RM
-Liberty Healthcare Corporation

An Experiential Opportunity
to Explore the Power of Art

Deb Roman, D.O.

Mindfulness & Meditation

LUNCH 11:15-12:15 p.m.

Jeremy Crowfoot PharmD, PhD
Saint Alphonsus Memory Center

Medications, Supplements, and
Alzheimer Dementia

12:15-1:15 p.m.

1:30-2:30 p.m.

Audie Black PhD, ABN
- Idaho Neuropsychology

Depression & Neurological Disorders

Skill Building for Caregivers

1:30-2:30 p.m.

Lianna Erickson -Trembath LCPC

Your Mental Health Matters: The Importance
of Digital Fasting

Amber Kirtley - Perez PA-C
-Saint Alphonsus

Blood Pressure, Lipids, and the Aging Brain:
A Dual Threat to Cognition

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