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Alzheimer's Disease Research Center



Division of Aging Services



accentCare

Epworth United Methodist Chapel

19th Annual Holistic Health Seminar on Memory Loss



STAYING CONNECTED AS WE AGE: Tools for Meaningful Connection & Care

*A free hybrid conference for residents, caregivers,
family members, and health professionals in the
Greater Baltimore Area*

**Saturday, June 6, 2026
Hybrid Event***

**In-Person: 8:15 a.m. - 12:30 p.m.
Virtual: 9:00 a.m. - 11:30 a.m.**

*In-person and virtual attendance options.
Attend in-person for a light, continental breakfast,
health screenings & resources tables.
For virtual attendees, messaging and data rates may apply.

19TH ANNUAL HOLISTIC HEALTH SEMINAR ON MEMORY LOSS

AGENDA

- 8:15 a.m. **Registration, resource tables, health screenings, and continental breakfast**
- 9:00 a.m. **Welcome**
Ernestine Jones Jolivet
*Chair of Holistic Health Seminar;
Co-Chair, Health and Wellness
Ministry, Epworth United Methodist
Chapel; Memory and Aging
Community Advisory Board*
- 9:20 a.m. **Presentations:**
Social Isolation: The Importance of Social Connection for Protecting Brain Health
Dr. Nana Yaw Adu-Sarkodie,
MD, MPH
*Medical Director, PACE of
West Baltimore*
Navigating Caregiving with Connection, Access, Respite, and Education
Dr. Halima Amjad, MD, PhD,
MPH
*Associate Professor & Physician,
Johns Hopkins Medicine*
- 10:10 a.m. **Interactive Physical Activity Demonstration**
Taught by Moxie Moves
- 10:25 a.m. **Panel Q&A**
- 11:05 a.m. **Presentation of Awards and Call to Action**
*Trailblazer Award
Outreach Leadership Award*
- 11:25 a.m. **Closing Remarks**
- For In-Person Attendees**
- 11:30 a.m. **Visit resource tables and participate in health screenings**

Please share information about this event with your family, friends and co-workers!

For more information about this seminar,
visit www.baltimoremacab.org/holistic-health-seminar

REGISTRATION INFORMATION

Register online (preferred):



tinyurl.com/2026HHS

or by phone: **410-550-2281**

Register by: June 2, 2026

There is no fee to attend this event.

In-person: The Star Family Life Community Center
of Morning Star Baptist Church,
1600 Whitehead Court, Baltimore, MD 21207

Virtual: via Zoom

For more information about this event, please visit
baltimoremacab.org/holistic-health-seminar



About Us: The Memory and Aging Community Advisory Board (MACAB) was founded in 2004 by community leaders, health professionals, and families who have been touched by dementia to promote the physical, mental, and social well-being of the middle-aged and older adult minority community of Greater Baltimore.

MACAB Mission: The MACAB is dedicated to providing education, speakers, and community resources on topics related to aging, memory loss, and caregiving; improving research integrity by recruiting individuals from diverse backgrounds; and enhancing outreach and research efforts to ensure cultural competency with the needs of the broader community.