

# 17th Annual Holistic Health Seminar on Memory Loss Empowering Families to Prepare for the Future: Courageous Conversations

Saturday, June 1, 2024

## Seminar Schedule

**9am-11am (in-person & virtual):**  
seminar presentations & exercise demo

**11am-12pm (in-person only):**  
health screenings & resource tables

## Attendance Options

**Location:** New Psalmist Baptist Church  
6020 Mariam Dr., Baltimore 21215

**Virtual:** via Zoom



## Registration Information

Register at [tinyurl.com/2024HHS](https://tinyurl.com/2024HHS) (or call 410-550-2281)

The seminar is FREE but registration is required.

*Please share information about this event with your family, friends, and coworkers!*

### About the Seminar

A hybrid seminar for residents, caregivers, family members, and health professionals in the Greater Baltimore Area.

### Seminar Topics

- Medical care planning, including when legal services are needed
- Financial planning, including tips for managing another's finances and preparing for costs of care
- Preparing for and managing grief and loss, including a discussion of hospice and palliative care

For more information, visit [www.baltimoremacab.org/holistic-health-seminar](http://www.baltimoremacab.org/holistic-health-seminar)

