

19th Annual Holistic Health Seminar on Memory Loss

Staying Connected as We Age

Tools for Meaningful Connection & Care

Saturday, June 6, 2026



Schedule of Events

8:15 am–9am

registration, resource tables, health screenings & continental breakfast

9am–11:30am

seminar presentations, exercise demo, & speaker panel

11:30am–12:30pm

health screenings & resource tables

Location (In-person & Virtual)

The Star Family Life Community Center
of Morning Star Baptist Church

1600 Whitehead Court, Baltimore, MD 21207

Registration Information:

Register at tinyurl.com/2026HHS (or call 410-550-2281)

The seminar is FREE but registration by June 2, 2026, is required. Please share information about this event with your family, friends, and coworkers!

About the Seminar

A free hybrid seminar for those concerned about memory-related changes, caregivers, family members, and health professionals in the Greater Baltimore Area.

Seminar Topics

- **Social Isolation:** The importance of social connection for protecting brain health
- **Navigating caregiving** with connection, access, respite, and education (CARE)
- **Speaker Panel:** Perspectives and tips from Baltimore caregivers and health professionals

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

