

# 18th Annual Holistic Health Seminar on Memory Loss

## Memory Loss: It's a Family Affair

Saturday, June 7, 2025



### Schedule of Events

**8:15 am–9 am**

registration & continental breakfast

**9am–11am**

seminar presentations,  
exercise demo & activities for kids

**11am–12pm**

health screenings & resource tables

### Location

Epworth United Methodist Chapel  
3317 St. Lukes Ln, Baltimore, MD 21207

### Registration Information:

Register at [tinyurl.com/MACAB2025](https://tinyurl.com/MACAB2025) (or call 410-550-2281)

The seminar is **FREE** but registration by **June 5, 2025** is required. Please share information about this event with your family, friends, and coworkers!

#### About the Seminar

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

#### Seminar Topics

- **Nutrition:** Tips for nourishing the whole family, managing disease, and boosting brain health.
- **The Geriatrician's Role:** Discover how geriatricians support patients and caregivers.
- **Mental Health:** Strategies to empower your family with resilience and connection.

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



Alzheimer's Disease Research Center

Epworth United Methodist Chapel



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