

# 19th Annual Holistic Health Seminar on Memory Loss

## *Staying Connected as We Age*

### Tools for Meaningful Connection and Care

**Saturday, June 6, 2026**



#### **Schedule of Events**

**8:15 am–9 am**

registration & continental breakfast

**9am–11am**

seminar presentations,  
exercise demo, caregiver panel

**11am–12pm**

health screenings & resource tables

#### **Location**

STAR Community Family Center  
Morning Star Baptist Church  
1600 Whitehead Court, Baltimore, MD 21207

#### **Registration Information:**

**Register at [tinyurl.com/2026HHS](https://tinyurl.com/2026HHS) (or call 410-550-2281)**

**The seminar is FREE but registration by June 6, 2026 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**

- **Social Isolation:** The importance of social connection for protecting brain health
- **Connection, Access, Respite, Education (CARE) + Medicare & Medicaid (CMS)'s GUIDE Model**
- **Caregiver Panel:** Stories and tips from Baltimore caregivers and health professionals

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

