

YOU ARE INVITED TO JOIN US FOR
THE 3RD ANNUAL

JOURNEY TO HOPE D.C.

*Conference and Expo for
Alzheimer's Family Care Partners*

Are you caring for a family member or friend who has Alzheimer's disease? Feeling anxious, under-informed or overwhelmed? Let us help!

Alzheimer's care partners are invited to a FREE* conference and expo to get an update on Alzheimer's disease care and research. Learn tips to improve connections with the person with memory problems and to take care of yourself in the process.

*FREE for family care partners. Senior serving professionals may attend for a \$95 fee.



Saturday, May 5

Registration: 8:30 a.m.

Program: 9 a.m. to 4:30 p.m.

Sibley Memorial Hospital
Building A

Conference Rooms 1 and 2
5215 Loughboro Road, NW
Washington, DC

TOPICS AND SPEAKERS:

KEYNOTE: *Forget Memory Loss—People With Alzheimer's Can Make and Retrieve New Memories*

Steven R. Sabat, Ph.D., internationally known speaker on Alzheimer's and professor emeritus of psychology, Georgetown University

Frontotemporal and Young Onset Dementia

Chiadikaobi Onyike, M.B.B.S., M.D., director, Frontotemporal Dementia Program, and associate professor of psychiatry and behavioral sciences, Johns Hopkins Medicine

Cognitive Enhancing Treatment for Alzheimer's

Natalia Kayloe, M.D., board-certified psychiatrist/neurologist, Integrated Neurology Services

Nutritional and Metabolic Drivers of Alzheimer's Disease

Julie Wendt, M.S., C.N.S., nutritionist and integrative health coach

Stress and Well Being—Assess Your Stress and Learn to Bounce Back

Michelle Carlstrom, M.S.W., principal consultant and executive coach

Network and connect with other family care partners who may be experiencing similar situations. Exhibitors will provide information about local resources.

Complimentary parking, continental breakfast and light lunch will be provided.

Registration is required by Friday, April 27.

**Space is limited.
Call 888-246-6812
to register for free.**

Corporate sponsorships available.



**SIBLEY MEMORIAL
HOSPITAL**

JOHNS HOPKINS MEDICINE