

# The Science of Brain Wellness:

## Is Cognitive Decline Preventable?



**January 23, 2026**

Merriweather Lakehouse Hotel | Columbia, MD

### Course directors:

**Karen Fagan, MPH**  
Health Systems Director  
Alzheimer's Association  
Washington, D.C.

**George Hennawi, MD, CMD, FACP**  
Physician Executive Director  
MedStar Geriatrics and Senior Services  
Baltimore, MD

# Continuing education credit information

## Course description

This one-day multidisciplinary conference will provide a comprehensive update on recent clinical advances in brain health, offering valuable insights for professionals focused on preventing cognitive decline and promoting brain wellness. Participants will explore the importance of early screening, the clinical application of blood-based biomarkers, and the latest developments in anti-amyloid therapies. Through expert-led sessions and evidence-based discussions, attendees will gain tangible strategies to optimize brain wellness in clinical practice. The program also highlights emerging diagnostic tools and treatment options for Alzheimer's disease, equipping clinicians with the knowledge to enhance patient care and outcomes.



## Learning objectives

- Describe the evidence-based science supporting brain wellness and its relevance to clinical practice.
- Identify the core pillars of brain wellness and their role in maintaining cognitive function.
- Explain the relationship between modifiable risk factors, lifestyle interventions, and brain health outcomes.
- Discuss the clinical benefits of annual cognitive screenings and the importance of early diagnosis.
- Differentiate between mild cognitive impairment (MCI) and Alzheimer's disease in terms of presentation, progression, and management.
- Summarize the development and appropriate clinical use of blood-based biomarkers in Alzheimer's disease diagnosis.
- Evaluate the benefits and limitations of current diagnostic techniques for cognitive disorders.
- Review new treatment options for Alzheimer's disease and assess their implications for patient care and clinical decision-making.
- Describe the integrated, team-based approach to promoting brain wellness across clinical settings.

## Target audience

This conference is intended for physicians, physician assistants, nurse practitioners, nurses, pharmacists, psychologists, registered dietitians, social workers, and other members of the healthcare team interested in the management of Alzheimer's disease, dementia, and brain health.

# Continuing education credit information



## Accreditation

In support of improving patient care, this activity has been planned and implemented by MedStar Health and the Alzheimer's Association. MedStar Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



IPCE CREDIT™

## Credit designation statement

This activity was planned by and for the healthcare team, and learners will receive 6.50 Interprofessional Continuing Education (IPCE) credits for learning and change.

**Physicians:** MedStar Health designates this live activity for a maximum of 6.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** This activity is approved for 6.50 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

**Pharmacists:** This activity is approved for 6.50 contact hours. This learning activity is knowledge-based. The Universal Activity Number for this program is JA4008151-9999-26-004-L01-P.



**Physician assistants:** MedStar Health has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 6.50 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.



**Social workers:** As a Jointly Accredited Organization, MedStar Health is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. MedStar Health maintains responsibility for this course. Social workers completing this course receive 6.50 clinical continuing education credits.



**Psychologists:** MedStar Health is approved by the American Psychological Association through Joint Accreditation to sponsor continuing education for psychologists. This activity is approved for 6.50 CE credits. MedStar Health maintains responsibility for this program and its content.

**Attention physician learners:** To ensure accurate CME credit data reporting to participating state medical licensing boards/certifying boards, please log into CloudCME and click on My CE / Profile to review and update your profile with the following details: your full name, state of licensure (including number and expiration date), and your birth month and day. Additionally, please remember to check the box at the bottom of the profile screen to grant permission for us to report your completion data to ACCME and participating licensing/certifying boards.

**Questions?** Email [medstarceapplications@email.sitel.org](mailto:medstarceapplications@email.sitel.org)

# Course directors

## George Hennawi, MD, CMD, FACP

Physician Executive Director  
MedStar Geriatrics & Senior Services  
Founder and Medical Director, Successful Aging  
MedStar Good Samaritan Hospital  
MedStar Montgomery Medical Center  
Baltimore, MD

## Karen Fagan, MPH

Health Systems Director for MD, DC and VA  
Alzheimer's Association  
Washington, D.C.

# Faculty

## Nicole Brandt, PharmD, MBA, BCGP, FASCP

Pharmacist  
MedStar Health Center for Successful Aging  
Professor and Executive Director, Peter Lamy Center  
University of Maryland School of Pharmacy  
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## Christina P. Prather, MD

Director, Geriatrics and Palliative Medicine  
Clinical Director, The GW Institute for Brain Health  
and Dementia  
Associate Professor, Medicine  
George Washington University School of Medicine  
Washington, D.C.

## Malek Cheikh, MD

Endocrinologist  
Division of Endocrinology and Metabolism  
Director, Good Health Center  
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## Dana Sleicher, MS, MPH, LCPC

Clinical Psychotherapist  
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## Michelle Chronowski, DPT, GCS, CBIS

Physical Therapist  
MedStar Good Samaritan Hospital  
Baltimore, MD

## Tracey Super

Director, Operational Process Improvement  
MedStar Health Home Care  
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## Angela Ginn-Meadow BSN, RN, RDN, CDCES

Diabetes Education Coordinator  
Outpatient Certified Diabetes Care and  
Education Specialist  
Sinai Hospital, Life Bridge  
Baltimore, MD

## Raya Wehbeh, MD

Sleep Medicine Physician  
Medical Director, Sleep Medicine  
Greater Baltimore Medical Center  
Towson, MD

## Jeffrey A. Katula, PhD, MA

Professor & McDonough Family Faculty Fellow  
Director of Graduate Studies  
Health & Exercise Science  
Wake Forest University  
Epidemiology & Prevention  
Wake Forest School of Medicine  
Winston-Salem, NC

## Planning committee

## Pamela Hennawi, RD

Dietitian  
Greater Baltimore Medical Center  
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## Katherine Gerber, MS, CCC-SLP

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## Johanna I. Romero De Slavy, BSN, CCRN, GERO-BC, NPD-BC

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## Olivia L. Heldmann, LCSW-C

Palliative Social Worker  
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## Nuri Seo, MSPAS, PA

Physician Assistant  
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## Carrie Neiman, MD, MPH

Otolaryngologist  
Johns Hopkins University  
Associate Professor, Otolaryngology-  
Head and Neck Surgery  
Johns Hopkins Medicine  
Baltimore, MD

## Hamid Okhravi, MD

Co-Director, Lawrence J. Goldrich Institute for  
Integrated NeuroHealth  
Medical Director, Comprehensive Memory Center  
Macon and Joan Brock Virginia Health Sciences  
Eastern Virginia Medical School  
Old Dominion University  
Norfolk, VA

# Agenda

7:15 a.m.	<b>Registration and Continental Breakfast</b>	11:10 a.m.	<b>Sleep and Brain Health</b> Raya Wehbeh, MD
7:45 a.m.	<b>Welcome Remarks</b> George Hennawi, MD, CMD, FACP Karen Fagan, MPH	11:40 a.m.	<b>Panel Discussion - Modifiable Risk Factors</b> <i>Moderator:</i> George Hennawi, MD, CMD, FACP <i>Panelists:</i> M. Cheikh, C. Nieman, R. Wehbeh
7:55 a.m.	<b>Insights from the US POINTER Study</b> Jeffrey A. Katula, PhD, MA	12:10 p.m.	<b>Lunch</b>
8:25 a.m.	<b>The Role of Physical Therapy in Promoting Neural Plasticity and Cognitive Health</b> Michelle Chronowski, DPT, GCS, CBIS	12:45 p.m.	<b>A Caregiver's Journey</b> Tracey Super
8:45 a.m.	<b>Nutrition and Cognition</b> Angela Ginn-Meadow BSN, RN, RDN, CDCES	12:55 p.m.	<b>From Screening to Staging</b> Christina P. Prather, MD
9:05 a.m.	<b>Sense of Purpose as a Key Determinant of Brain Health</b> Dana Sleicher, MS, MPH, LCPC	1:45 p.m.	<b>Alzheimer's Disease Therapeutics: Past, Present and Future</b> Hamid Okhravi, MD
9:25 a.m.	<b>Panel Discussion - Lifestyle Interventions</b> <i>Moderator:</i> Karen Fagan, MPH <i>Panelists:</i> M. Chronowski, A. Ginn-Meadow, J. Katula, D. Sleicher	2:35 p.m.	<b>Navigating the Science: Role of Dietary Supplements for Brain Health in Older Adults</b> Nicole Brandt, PharmD, MBA, BCGP, FASCP
9:55 a.m.	<b>Coffee Break</b>	3:00 p.m.	<b>Panel Discussion - Diagnosis and Treatment</b> <i>Moderator:</i> George Hennawi, MD, CMD, FACP <i>Panelists:</i> N. Brandt, H. Okhravi, C. Prather, T. Super
10:10 a.m.	<b>Targeting Metabolic Health to Reduce Dementia Risk</b> Malek Cheikh, MD	3:28 p.m.	<b>Closing Remarks</b> George Hennawi, MD, CMD, FACP Karen Fagan, MPH
10:40 a.m.	<b>Hearing and the Aging Brain</b> Carrie Nieman, MD, MPH	3:30 p.m.	<b>Adjourn</b>



# Registration information

REGISTRATION TYPE	FEE
Physician	\$150
Resident or fellow	\$0
Psychologist	\$100
Nurse practitioner	\$100
Nurse	\$100
Pharmacist	\$100
Social worker	\$100
Allied health professional	\$100
Industry professional	\$175

## Online registration preferred

Please visit [MedStarHealth.org/BrainWellness](https://MedStarHealth.org/BrainWellness) for updated program and registration information. We are unable to accept registrations or cancellations by telephone.

All registrations will be confirmed by email only. If you have questions or do not receive a confirmation within 1-2 business days, please contact us at [medstarcpe@medstar.net](mailto:medstarcpe@medstar.net) or (833) 731-1273.

## Cancellation policy

Cancellations made in writing by December 12, 2025 will be subject to a 50% penalty. No refunds will be given after December 12, 2025. Cancellations will not be accepted by telephone. In the unlikely event that the course is canceled, MedStar Health will refund the registration fee, but is not responsible for any travel costs.

## Venue information

### Merriweather Lakehouse

10209 Wincopin Circle  
Columbia, MD 21044  
Phone: (410) 730-3900

