

# Health Education & Alzheimer's Disease

# HEAD Talks

*Join us for virtual, interactive  
TED-like talks about health  
education and Alzheimer's disease!*

**Thursday, November 12**

**Saturday, November 14**

**11:00am - 12:30pm**

**FREE Admission w/ Registration**

<https://HEADTalks2.eventbrite.com>



**LINK PROVIDED UPON REGISTRATION**



**Corinne Pettigrew, PhD**  
Johns Hopkins Alzheimer's  
Disease Research Center



**Earnestine Thomas, MSW**  
Howard County Office on  
Aging and Independence



**Carmen Roberts, MS, RD, LDN**  
Howard County Office on  
Aging and Independence



**Coach David Girton**  
Live Now Fitness

## TOPICS INCLUDE:

- Dementia and Age-Related Cognitive Decline
- Nutrition Solutions for ALZ Care
- Importance of Physical Activity and Exercise
- Coping with Caregiving



Johns Hopkins  
Alzheimer's Disease  
Research Center

