



**Your Journey to Good Brain Health Starts Here!**



## **JOIN US FOR A LUNCH & LEARN!**

Come to hear about ways to maintain good brain health and hear about updates in Alzheimer's treatment and the latest advances research.



### **Insight Memory Care Center**

3955 Pender Drive, Suite 100, Fairfax, VA 22030



**Wednesday, November 19, 2025**



**12:30pm - 2pm**

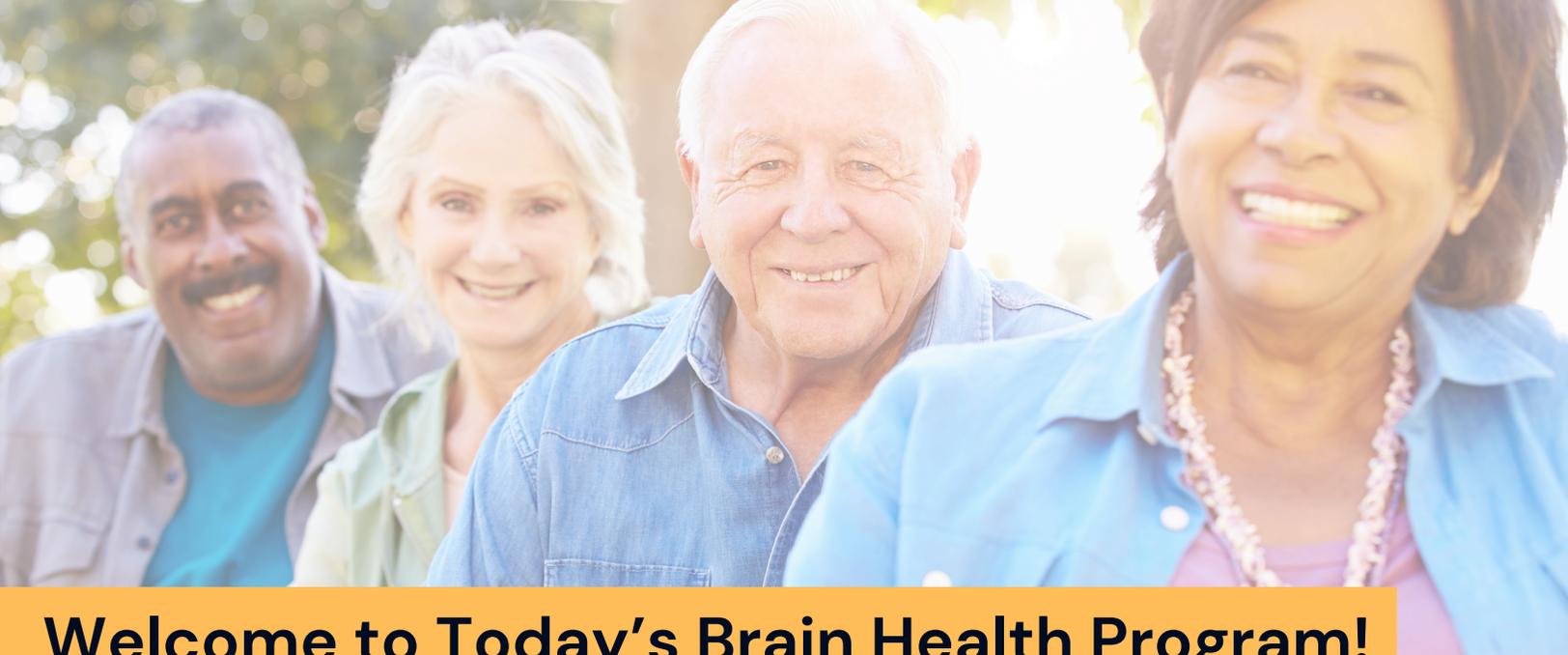
**There is no cost to attend, but RSVP for lunch is requested.**

To RSVP, please email [Lindsey.Vajpeyi@insightmcc.org](mailto:Lindsey.Vajpeyi@insightmcc.org)  
or call (703) 270-0043.

**Event Sponsors:**

**Re:Cognition  
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## Welcome to Today's Brain Health Program!

We thank you (and your brain does too!) for coming to learn today! We hope you learn some healthy brain tips as well as updates in memory loss diagnostics and treatments!



- 12:30pm**    **Welcoming Remarks and Intro to Insight**  
*with Lindsey Vajpeyi of Insight Memory Care Center*
- 12:55pm**    **Acti-v8 Your Brain – 8 Pillars of Brain Health**  
*with Jill Smith of Global Alzheimer's Platform*
- 1:15pm**    **Advances in Memory Loss and Alzheimer's Disease**  
*with Zakariya Al-Sarraf of Re:Cognition*

To follow-up with the Re:Cognition staff, please contact:  
Kaltoum Abdurahman at 571-418-0142!

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