



VIRTUAL BRAIN
HEALTH CENTER

FREE

Brain Week 2025

Our annual event that shares the wonders of the brain
& the impact brain science has on our everyday lives.

• LIVE STREAMING



Monday - Friday
March 10-14, 2025



Programs at
11AM, 2 PM & 7 PM EDT

Learn the benefits of a brain-healthy lifestyle with
our collaborative partnerships that make this event possible.

PACIFIC
NEUROSCIENCE
INSTITUTE®
LIFESTYLE

DANCE
STREAM
PROJECTS

Stronger
MemorySM



Powered by

Goodwin Living
Foundation
Together, We Change Lives.



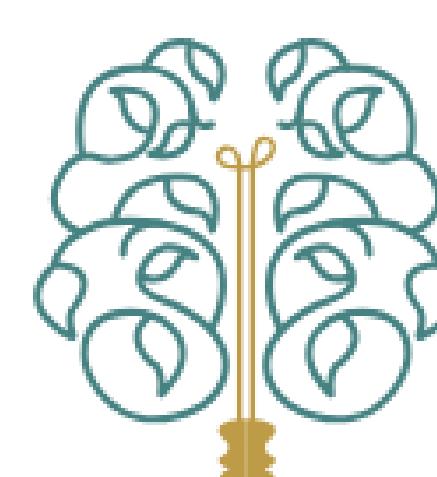
CAFFE
STRATEGIES



Sponsored by



VIRTUAL BRAIN
HEALTH CENTER



DR. KRISTAL CULLER
BRAIN CARE FOR ALL

To Register



www.virtualbrainhealthcenter.com



info@virtualbrainhealthcenter.com

Questions?



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ALL PROGRAMS • LIVE STREAMING IN EDT TIME ZONE

MONDAY

MARCH

10

11:00 AM **BRAIN HEALTH SOCIAL: MAXIMIZING BRAIN HEALTH THROUGH MOVEMENT AND DANCE**
Magda Kaczmarska, MFA | Founder, Dance Streams Project

2:00 PM **STRONGER MEMORY: SIMPLE STRATEGIES TO BOOST COGNITIVE HEALTH**
Rob Liebriech and Jessica Frederickson, MSW, CADDCT, CDP, CMDCP | Goodwin Living

7:00 PM **STARTING THE CONVERSATION ON BRAIN HEALTH WITH YOUR HEALTH CARE PROVIDER: INSIGHTS FROM A BOARD-CERTIFIED NEUROLOGIST**
Dr. Jonathan Artz MD | Co-Host of the Let's Talk Brain Health! Podcast

TUESDAY

MARCH

11

11:00 AM **THE HARMONY OF BRAIN HEALTH: TRANSFORMING LIVES IMPACTED BY DEMENTIA THROUGH MUSIC AND SCIENCE**
Dr. Patricia Izwicki, Ph.D. & Eyleen Braaten, MPP | Giving Voice Initiative

2:00 PM **DESIGNING YOUR PERSONALIZED DEMENTIA PREVENTION PLAN**
Dr. Mitchell Clionsky, Ph.D., ABPP-CN, Board Certified Clinical Neuropsychologist

7:00 PM **ALZHEIMER'S BREAKTHROUGHS: ADVANCING BRAIN HEALTH AND REVERSING THE DISEASE**
Dr. Joshua Helman, MD & Dr. Krystal L. Culler, DBH | Alzheimer's Breakthrough Podcast

WEDNESDAY

MARCH

12

11:00 AM **NEUROSOMATIC CREATIVITY: BUILDING BRAIN CAPITAL WITH THE ARTS**
Genein Letford, M.Ed. | Founder & CEO of CAFFE Strategies

2:00 PM **COGNITION KITCHEN: THE 2X BRAIN BOOST OF COOKING HEALTHY MEALS**
Maggie Moon, MS, RD | Author of the MIND Diet 2.0

7:00 PM **COGNITIVE CONNECTIONS: BRAIN HEALTH FOR ALL AGES**
Panelists: Nandita Srikumar, Founder of Cognitive Connections, Giovanna Mason-Hing, MA, CDP, CPT, and the Virtual Brain Health Center

THURSDAY

MARCH

13

11:00 AM **ENERGY PSYCHOLOGY AND EMOTIONAL FREEDOM TECHNIQUE: PRACTICAL TOOLS FOR BRAIN HEALTH AND PERFORMANCE**
Scott M. Fox, Mental Health and Sport Performance Practitioner

2:00 PM **BRAIN HEALTH PRESCRIPTION (RX): ACTIONABLE INSIGHTS FROM THE NEURO NOOK (BOOK CLUB)**
Dr. Krystal L. Culler, DBH, MA and Heather Elwell, MS, CCC-SLP

7:00 PM **PROTECT YOUR BRAIN FROM THE LIES OF BULLYING, GASLIGHTING, AND INSTITUTIONAL COMPLICITY**
Dr. Jennifer Frazer, Ph.D. | Author of the Bullied Brain

FRIDAY

MARCH

14

11:00 AM **THE NEUROSCIENCE OF HAPPINESS**
Dr. Shannel Elhelou, PsyD | Pacific Neuroscience Institute

2:00 PM **BREATHING FOR BETTER BRAIN HEALTH**
Dr. Nick Heath, Ph.D. | "The Breathing Diabetic" & Creator of the Breath Learning Center

