



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  
Memory<sup>SM</sup>



CAFFE  
STRATEGIES



OPTIMIZE WITH DR. JOSH

Sponsored by



VIRTUAL BRAIN  
HEALTH CENTER



DR. KRYSTAL CULLER  
BRAIN CARE FOR ALL

To Register

Questions?



[www.virtualbrainhealthcenter.com](http://www.virtualbrainhealthcenter.com)



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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 Kaczmarek, MFA | Founder, Dance Streams Project
- 2:00 PM** **STRONGER MEMORY: SIMPLE STRATEGIES TO BOOST COGNITIVE HEALTH**  
Rob Liebreich 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 Izbicki, 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

