

SCHEDULE

BEACON

CONFERENCE

MARCH

15

LOCATION:
The Benson Cancer Center
6th Floor River Room Terrace
1515 River Rd, Jefferson, LA 70121



SAT 3.15

OPENING DAY

08:00 AM – 08:30 AM	Check-In
08:30 AM – 08:45 AM	Opening Remarks and Conference Overview David Houghton MD.
08:45 AM – 10:45 PM	Session 1: Education and Brain Health
08:45 AM – 09:15 AM	Understanding Neurodegenerative Diseases John Sawyer PhD Chantal Müller-Cohn PhD
08:45 AM – 09:15 AM	The Role of Neuropsychometric Testing Tommy Vo NA
09:15 AM – 10:00 AM	Advancements in Biomarkers and Emerging Treatments James Rini MD. MPH.
10:00 AM – 10:45 AM	Caring for Brain Health Skylar Dillon LCSW Nancy Insidiosos LCSW
10:45 AM – 11:00 AM	Morning Break
11:00 AM – 12:00 PM	Session 2: Exercise, Physical Well-being and Brain Health
11:00 AM – 11:30 AM	Yoga and Mindfulness for Brain Health Geoffrey Roniger
11:30 AM – 11:45 PM	Transition
11:45 PM – 12:15 PM	Prevention and Early Intervention of Neurocognitive Decline: Therapy Perspective Emily Watkins Touns, CCC-SLP
12:15 PM – 01:15 PM	Session 3: Diet and Brain Health

CONTACTS:

admin@mindthegulf.com



12:15 PM – 12:45 PM

NOCHI Cooking
Demonstration
NOCHI Team

12:30 PM – 01:15 PM

Diet and Brain Health
James Rini MD. MPH.
Brittany Craft, RDN,
LDN

01:15 PM – 01:30 PM

Transition

01:30 AM – 02:00 PM

Session 4:
Cognitive Stimulation
and Brain Health

01:30 PM – 02:00 PM

Music Therapy for
Enhancing Cognition
and Well-being
Meredith Sharpe, NMT,
MT-BC

02:00 PM – 02:30 PM

Digital Interventions
Emerging in Care for
Cognitive Aging
Peter Wais PhD

02:30 PM – 02:45 PM

Afternoon Break

02:45 AM – 03:45 PM

Session 5:
Sleep and Brain Health

02:45 PM – 03:15 PM

The Neuroscience of
Sleep and Its Impact on
Cognitive Aging
Daniel A. Cohen MD.
MMSc.

03:15 PM – 03:45 PM

Optimizing Sleep for
Brain Health: Practical
Solutions
Lauren Davis MD.

03:45 PM – 04:15 PM

Open Forum and
Community Building
John Sawyer PhD
James Rini MD. MPH.

04:15 AM – 04:30 PM

Closing Remarks and
Next Steps
James Rini MD. MPH.

