

Presentations agenda

Time	Name	Affiliation	Topic
10:00 a.m.	Dave Stewart, MD	Loudoun Holistic Health Partners	Eating for a Healthy Brain
10:45 a.m.	Ather Anis, MD	Heart & Vascular Specialists	Keep Oxygen Flowing to the Brain – The Lifesaving Benefits of CPR
11:30 a.m.	Nancy McMahon, RYT 200	YogaWorkz	Relaxation That Recharges Your Brain
12:15 p.m.	Geo Derick, M.Sc., RH(AHG)	Geo's Joy, The Sanctuary Wellness Center	How to Repair Our Brains After Years of Abuse!
1:00 p.m.	Susan Koehler	Loudoun Therapeutic Riding	Social Interaction Unlocks Brain Health: How Horses Help Us Thrive Mentally
1:45 p.m.	Christine Kestner, MS, CNS, LDN	The Sanctuary Wellness Center	Nutrition and Brain Health
2:30 p.m.	Woody McMahon	Sequoia Health and Fitness	Active Body, Active Brain