



Preconference for Professionals
Healthy Professional, Healthy Community
October 29, 2025
10:30 am – 3:50 pm

Program Description: As a professional, you give your time, knowledge, and heart to support individuals and families every day. You're likely the one reminding others about the importance of self-care — but how often do you take that advice for yourself?

We invite you to reflect, recharge, and reconnect. Through culturally grounded conversations and practical sessions, we'll explore the nuances of dementia care, including early memory loss identification, engaging families in care, and supporting caregivers in meaningful ways.

When you are healthy, confident, and supported, your strength ripples through your work and into the community you serve.

Agenda

10:30 am-10:35 am	Welcome	Heather Mulder, BS
10:35 am-12:05 pm	Self-care for the Professional	Helle Brand, PA
12:05 pm-12:45 pm	Lunch	
12:45 pm-1:45 pm	Gathering the Family	Lori Nisson, LCSW
1:45 pm-2:30 pm	Evidence-Based Strategies for Self-Care: A Focus on Healthcare Providers	Crystal M. Glover, PhD.
2:30 pm-2:45 pm	Break	
2:45 pm – 3:45 pm	Early-Stage Memory Loss or Normal Aging	Janice Greeno, MA
3:45 pm- 3:50 pm	Questions / Evaluations/Conclusion	Nicole Lomay, BIS