



The Proxmire Neurocognitive Clinic invites you to attend a:

## Neurocognitive Education Forum for Caregivers

- Learn about the many ways neurocognitive disorders can present
- Learn effective communication strategies to support your loved one in their journey

**Presented by Nicole Absar, M.D.  
Medical Director**

**Third Wednesday**  
of every month  
5-16 • 6-20 • 7-18  
**4:00 - 5:30 p.m.**

**MAY** **The MIND Diet: A Nutritional Strategy for Cognitive Health**

Guest speaker: Garland Young, Nutritionist Intern, Maryland University Integrative Health

**JUNE** **Music Therapy: Maintaining Cognitive Function Through Sensory Experience**

**JULY** **Yoga: The Mind, Body and Brain Connection**

Guest Speaker: David Tooher, Director of Health & Fitness, Integrace Buckingham's Choice

Proxmire Neurocognitive Clinic Classroom  
Kershner Room

**RSVP at [pmc@integrace.org](mailto:pmc@integrace.org)**

**REFRESHMENTS WILL BE SERVED**

**710 Obrecht Road, Sykesville, MD | 410-552-3211**