

LEARN | CONNECT | GROW

engage *the* mind

Inspiring ideas.
Empowering minds.



JOIN US FOR A DAY OF
INSIGHT, INSPIRATION & IMPACT



MEMORY SCREENING
Take a proactive step
toward brain health.



INTERACTIVE ACTIVITIES
Engage in fun, brain-
boosting experiences.



CAREGIVER RESOURCES
Tools and support for
your caregiving journey.



Engage the Mind *A Dementia Awareness Event* Friday, June 5th 11:00am to 1:00pm

Join us for a complimentary community event to gain knowledge and resources related to dementia and cognitive health. This fair will feature informational booths from local organizations, interactive activities focused on brain health, memory screenings, and caregiving support resources.

Attendees can connect with professionals and learn practical strategies for supporting individuals living with dementia.

This event is co-hosted by VHC Senior Health and Insight Memory Care Center.

**Registration is strongly encouraged, but not required to attend.*

DETAILS

LOCATION

LubberRun Community Center
300 N Park Drive
Arlington, VA 22203

REGISTRATION



QUESTIONS?

Please contact Lindsey Vajpeyi at
Lindsey.Vajpeyi@InsightMCC.org
or 703-204-4664.

