Empowering Caregivers:

Strategies for Healthcare Planning and Supporting Brain Health

FREE AND OPEN TO THE PUBLIC
For Patients, Caregivers, Mental Health Professionals and Providers

November 13, 2025

2:30pm - 5:00pm

2.5 CE Credits

Dr. Beverly Thorn

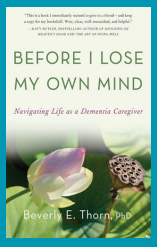
Professor Emerita, The University of Alabama,
Psychologist, End of Life Doula,
Author, *Before I Lose My Own Mind: Navigating Life as a Dementia Caregiver*

Dr. Kristine Lokken

Professor of Psychiatry & Behavioral Neurobiology, UAB, Neuropsychologist & Director of the UAB Precision Brain Health Service, President, Alabama Psychological Association

Facing Dementia: Facilitating Healthcare and End-Of-Life Discussions with Patients and Families

Precision Brain Health: Preventing and Stabilizing Cognitive Impairment



Join us for a post workshop social on the Terrace from 5pm-6:30pm
Dr. Thorn will be available for a book signing

Workshop attendance is free for all participants (No CE's). Please register in advance.
Need CE Credit? aPA Members $40, Non-Members $60

Marnix E. Heersink Conference Center - Room 201
701 19th Street South
Birmingham, AL 35233

register at www.alapsych.org

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