

**Optimizing brain and cognitive health:
Now: What works?
Future: What's on the horizon?**

Friday April 10, 2026

6:30 – 8:00	Breakfast, Hotel checkout if not participating in post-meeting activities
7:00 – 8:00	Leadership breakfast with MBRF Trustees (by invitation)
8:15	Board buses to go to the University of Arizona campus
9:30	Morning Sessions in the Planetarium
9:30-11:00	Data Blitz Session 1 Moderator: Tanja Rundek (UM)
9:30-9:35	Dr. Virendra Mishra (UAB) Title: <i>Unimodal and Multimodal Neuroimaging Approaches to Map Glymphatic Function</i>
9:35 –9:40	Discussion
9:40-9:45	Dr. Mark Sundman (UA) Title: <i>Can TMS Enhance Cerebral Waste Clearance? Evidence of Glymphatic Modulation with DTI-ALP</i>
9:45-9:50	Discussion
9:50- 9:55	Dr. Lilah M. Besser (UM) Title: <i>Neighborhood social and built environments that support healthy brain aging</i>
9:55-10:00	Discussion
10:00 - 10:15	Break
10:15 – 11:15	Data Blitz Session 2/ Pre-meeting report outs Moderator: Dr. Kristina Visscher (UAB)
11:15 – 11:20	Dr. Barry Setlow (UF) Title: <i>APOE genotype and intertemporal choice; relevance for trajectories of cognitive aging</i>
11:20 – 11:25	Discussion
11:25 – 11:30	Dr. Nan-Kuei Chen (UA) Title: <i>Multi-Contrast Brain MRI for the Study of Aging</i>
11:30 – 11:35	Discussion
11:35 – 11:40	Dr. Mohammad (Momo) Nafeli Shahrestani (UM) Title: <i>Serum Immune Markers as Contributors to Age-Related Cognitive Impairment</i>
11:40 – 11:45	Discussion
11:45 – 11:50	Pre-meeting report out topic: Precision Aging Moderators: Ron Lazar, Carol Barnes

- 11:50 – 11:55 Pre-meeting report out topic **Neuromodulation**
Moderators: Keith McGregor, John Williamson
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- 11:55 – 12:00 Pre-meeting report out topic: **Artificial Intelligence**
Moderators: Ihtsham Haq, Arne Ekstrom
- 12:00 Pick up lunch –stay for Marsha Riecke lecture on
James Webb Telescope and Mirror Lab tour or leave for airport
- 12:15 Leave for Airport
- Or
- 12:15 walk to Psychology to eat lunch
- 1:00 back to Planetarium for lecture
Professor Marsha Rieke
Professor of Astronomy
Title: *Photos of celestial objects taken using the
near infrared camera on the James Webb
Telescope*
- 1:45 Walk to the **Richard F. Caris Mirror Lab** on campus
- 2:00 – 3:30 Mirror lab 90 min tour
- 5:00 Dinner at Lee Ryan's house

For those staying over, Friday night to leave Saturday morning or later –back to Westward Look.