

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

**April 8-10, 2026**  
University of Arizona

**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
9:15	Remarks by Dr. Mike Dockery
9:30	Morning Sessions in the Planetarium
9:30-11:00	<b>Data Blitz Session 1</b> <b>Moderator:</b> 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	<b>Data Blitz Session 2/ Pre-meeting report outs</b> <b>Moderator:</b> Dr. Kristina Visscher (UAB)
11:15 – 11:20	Dr. Barry Setlow (UF) Title: <i>APOE genotype and intertemporal Ichoice: 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: *Serum Immune Markers as Contributors to Age-Related Cognitive Impairment*

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

P

11:55 – 12:00 Pre-meeting report out topic: **Artificial Intelligence**  
**Moderators:** Ihtsham Haq, Arne Ekstrom

12:00 Meeting Adjourns  
Pick up Lunch

12:15 Leave for Airport