

Keynote Session - Don't Forget This! How to Remember Anything and Everything

As Virginia Government Finance professionals, we are often tasked with knowing and retaining data related to transactions, budgets and financial reporting, sometimes serving as historians of this information for years within our localities. How about just day to day interactions - Do you forget people's names? Wish you could remember all of your contacts' phone numbers? Or other information that is constantly bombarding you on a daily basis? In Nelson's presentation, you will learn the basics of memory techniques and a sure-fire approach to remember anything. Nelson is a 5-time USA Memory Champion and taught himself how to have a phenomenal memory--he believes it is a skill anyone can master and will teach you how to get started!

Nelson Dellis, Founder & CEO
Climb for Memory
<https://www.nelsondellis.com>

Nelson Dellis is a 5x USA Memory Champion and one of the leading memory experts in the world, traveling around the world as a competitive Memory Athlete, Memory Consultant, Published Author and highly sought-after Keynote Speaker. As a Memory Champion, Mountaineer, and Alzheimer's Disease Activist, he preaches a lifestyle that combines fitness, both mental and physical, with proper diet and social involvement.

Born with an average memory, Nelson was inspired by the passing of his grandmother from Alzheimer's disease in 2009 to start training his memory so that he could keep his mind strong and healthy throughout his lifespan.

Nelson is the Founder & CEO of Climb For Memory, a non-profit charity that aims to raise awareness and funds for Alzheimer's disease research through mountain climbs all around the world. Nelson has climbed numerous peaks around the world for this cause, including three times on Mt. Everest.

Nelson has been featured on the Netflix documentary "Memory Games" (2019), FOX's Superhumans, Brain Games, The TODAY Show, Fox and Friends, The Katie Couric Show, CNN.com, ABC Nightline, The Dr. Oz Show, The Science Channel, Nat Geo, SuperBrain China, among many others.