





HEALTHY AGING THROUGH HOLISTIC BRAIN HEALTH:

The Dementia Prevention/Brain Health Initiative Annual Meeting Agenda

Wednesday November 29th, 2023

Dental Sciences Building rm 1002, Western University, 1151 Richmond St. N., London ON N6A 5B7

Although the number of cases of dementia is rising, we showed that in Ontario the incidence (cases per 1,000) has decreased. The Weston Brain Institute is funding our project to examine environmental, socioeconomic, and individual risk factors to explain why and make cost-effective recommendations about dementia prevention. The meeting will feature a progress report and a plan to develop an ABC of holistic brain health to identify the least that can be adopted by the most and begin planning the motivation and implementation phases in preparation for a major grant application: "Healthy Aging Through Holistic Brain Health".

8:00	Continental breakfast
8:30	Introductions
	Vladimir Hachinski: Perspective
9:00	Progress Reports (10-minute presentations)
	Chairs: Stephanie Frisbee & Matthew Meyer
9:10	Completed Projects
	Sarah Singh
	Shiran Zhong
	Abolfazl Avan
9:45	Projects in Progress
	Stephanie Frisbee
	Abolfazl Avan & Vicky Chang
	Shehzad Ali
10:20	Coffee/tea break
10:40	<u>Developing the ABC of Holistic Brain Health: The Minimum Efforts for Maximum</u> <u>Results (the Mini-Max Approach) (10-minute presentations)</u>
	Chairs: Robert Bartha & Robert Andersen
	Activity: Lindsay Nagamatsu
	Sleep: Saverio Stranges
	Balanced Diet: Colleen O'Connor







HitsoMotivation: William Fisher (virtual presentation)11:50Lunch workshops (5 groups: A, B, C, Mental/Social Health, & Motivations) Lunch served; guests breakout into ABC groups chaired by speakers of the ABC session12:45Return to main conference room (DSB1002) from breakout groups12:50Reports from workshop groups (10-minute presentations) Chairs: Kem Rogers & Mario Elia12:20Proposed Demonstration Models (10-minute presentations) Chairs: Jane Rylett12:20Proposed Demonstration Models (10-minute presentations) Chairs: Jane Rylett12:20Proposed Demonstration Models (10-minute presentations) Chairs: Jane Rylett12:20Proposed Demonstration Models (10-minute presentations) Chairs: Jane Rylett2:20Related Initiatives (10-minute presentations) Chairs: Stephanie Frisbee & Manuel Montero-Odasso Sandy Jansen Matthew Meyer Amber Alpaugh-Bishop Rute Anne Conyngham Sandy Jansen3:30Coffee/tea break Chairs: Ruthe Anne Conyngham & Brad Campbell4:20Next Steps Vadimir Hachinski4:30Adjournment		Mental and Social Health: Arlene MacDougall & Raksha Sule (virtual presentation)
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