

HEALTHY AGING THROUGH HOLISTIC BRAIN HEALTH: The Dementia Prevention Initiative Annual Meeting

Join us for our Annual Meeting as we explore Holistic Brain Health, the key to well-being, healthy aging, and the future of dementia prevention

Wednesday, November 29th, 2023, Western University, Dental Sciences Building rm 1002



Lindsay Nagamatsu,
Kinesiology

Featuring the ABCs of Holistic Brain Health

Development of an ABC of HBH: The Minimum Efforts for
Maximum Results

Activity: Lindsay Nagamatsu

Sleep: Saverio Stranges

Balanced Diet: Colleen O'Connor

Mental and Social Health: Arlene MacDougall & Raksha Sule

Motivation: William Fisher



Colleen O'Connor,
Food & Nutritional Sciences



Vladimir Hachinski,
Cinical Neurological Sciences

Also featuring:

**Special Guest Kenneth Rockwood,
Dalhousie University**

Addresses from Dean John Yoo, Vladimir Hachinski

Progress Reports from Sarah Singh, Shiran Zhong, Abolfazl
Avan/Vicky Chang, Shehzad Ali

Proposed Demonstration Models from Stephanie Frisbee,
Christopher Liciskai, Manuel Montero-Odasso



Kenneth Rockwood,
Geriatric Medicine & Epidemiology



Ruthe Anne Conyngham,
Canadian Patient Safety Institute

Workshops, Related Initiatives, & more

Workshops with Kem Rogers & Mario Elia

Related Initiatives with Sandy Jansen, Matthew Meyer, Amber
Alpaugh-Bishop, Ruthe Anne Conyngham

Meeting Chaired by Matthew Meyer, Robert Bartha, Robert
Andersen, Jane Rylett, Stephanie Frisbee, Christopher Liciskai,
Brad Campbell

*A continental breakfast and lunch will be provided. Please
register by November 25th at the link below.*



Brad Campbell,
London Health Sciences Centre

REGISTRATION: <https://rb.gy/sxz5pg>