It's Brain Awareness Week 2013 – a time to think about the promise of brain research and how it's helping all of us take practical steps towards healthier brains and a healthier future.

This year's theme of "exercise and the brain" brought me back to a time several years ago, when I was contacted by Reader's Digest to talk about minimizing the cognitive changes associated with aging. The interview ended with an interesting question:

"Dr. Stuss, please give our readers your personal advice on the single most important thing they can and should do to maximize their brain function as they age."

Learn more

Walking away from dementia

A new report by the Ontario Brain Institute shows that more than one in seven cases of Alzheimer's disease could be prevented by moderate physical activity.

Learn more
Give your brain a workout

On their own, physical activity and cognitive exercise can each act to keep our bodies and our brains fit. But did you know that challenging your body and your brain together can maximize the brain health benefit?

Learn more

Playing for better health

Gaming platforms make therapy fun for kids with limited mobility

Experts at Holland Bloorview Kids Rehabilitation Hospital are turning popular video games into a new form of home-based therapy for children with one of the most common types of cerebral palsy.

Learn more

The road to recovery

A unique approach brings movement to stroke survivors

BOTOX® and robots: a curious pair.

But it's this novel combination of medicine and technology that's helping doctors and scientists find better treatments for stroke patients with limited movement.

Learn more

Focus on Brain Research in Ontario

Health Horizons: Ministry of Health and Long-Term Care Newsletter, January 30, 2013

Two Windsor firms land brain research grants

The Windsor Star, January 24, 2013

Maximizing the impact of neuroscience

Biotechnology Focus, November 9, 2012

Our milestones

October 2012
Brain-CODE becomes the first research organization in the world to receive “Privacy by Design” Ambassador status

November 2012
OBI launches Graduate Opportunities Internship Program in partnership with the University of Toronto Graduate Enterprise Internship Program

February 2013
OBI publishes first annual knowledge synthesis report on physical activity and Alzheimer’s disease

See more milestones

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