



ONTARIO
BRAIN
INSTITUTE INSTITUT
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DU CERVEAU

Brain Health Across the Lifespan

OPTIMIZING THE ADULT BRAIN

Research shows that the brain continues to grow and change in adulthood, particularly through neuro-engagement and effort-based learning. 'Optimizing the Adult Brain' will explore how to establish strong brain healthy habits using insights from concussion and depression research, and examples from patient advocacy, community, and neurotechnology experts. The panel will offer practical, evidence-based strategies to optimize daily routines, foster cognitive resilience, and create supportive environments for adults aged 25 to 65.

This event will have in-person and online options.

Date: November 25, 2024

Time: 6 to 7:30 p.m.

In-Person Registration: <https://tinyurl.com/optimizing-toronto>

Livestream Registration: <https://tinyurl.com/optimizing-online>

Location: Online & In-Person

St. James Cathedral Centre Event Venue
65 Church Street, Toronto

MODERATOR:



Dr. Krishana Sankar, a trained scientist and science communicator, currently working as a science advisor for a globally recognized anti-misinformation initiative.

PRESENTING PARTNER:



Learn more at braininstitute.ca/talks2024-25



PANELISTS:



Ariel Garten – Creator of the Muse headband, designed to support brain health, Ariel is dedicated to creating accessible tools to help people track and improve their brain.



Dr. Fabiano Gomes – Assistant Professor in Psychiatry and Behavioural Neurosciences at McMaster University, Academic Psychiatrist at St. Joseph's Healthcare Hamilton, and member of the Canadian Biomarker Integration Network in Depression, Fabiano specializes in bipolar disorder and treatment-resistant depression.



Andrew Kcomt – Knowledge Translation & Research Manager at Hope + Me – Mood Disorders Association of Ontario and co-lead of the Canadian Biomarker Integration Network in Depression's Community Advisory Committee, Andrew advocates for including lived experience in research.



Elise Herzig – Executive Director of JIAS (Jewish Immigrant Aid Services) Toronto, a settlement agency that has been serving newcomers and refugees for over 100 years, Elise has exponentially grown the agency's clients, programs, revenues, and partnerships.



Dr. John Leddy – Clinical Professor and sports medicine physician at the University at Buffalo's Jacobs School of Medicine, John is a member of OBI's TRANSCENDENT concussion program, focusing on evidence-based evaluation and treatment of concussion and post-concussion syndrome.



Bringing learning to life