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Brain Health Across the Lifespan



SUPPORTING THE ELDER BRAIN

As we age, maintaining brain health becomes more critical than ever. The 'Supporting the Elder Brain' talk will explore differences between age-related cognitive changes and warning signs that may require medical attention.

Learn about existing strategies that support brain health including lifestyle changes through social prescribing as well as the benefits of proactive connection to the healthcare system.

This event will have in-person and online options.

Date: March 19, 2025
Time: 6:30 to 8:00 p.m.*

**We invite you join us at 5:00 p.m. for information booths featuring partners from the OBI network.*

In-Person Registration: tinyurl.com/supporting-toronto
Livestream Registration: tinyurl.com/supporting-online

Location: Online & In-Person
BMO Education & Conference Centre
60 Leonard Ave, Toronto

SPEAKERS:



Ngozi Iroanyah, PhD candidate and Director, Health Equity and Access, Alzheimer Society of Ontario



Dr. Laura Middleton, Associate Professor & the Schlegel Research Chair in Dementia and Active Living at the University of Waterloo and Schlegel-UW Research Institute for Aging



Dr. Dominik Nowak, President of the Ontario Medical Association and a family doctor at Women's College Hospital

MODERATOR:



Farah Qaiser, genomics researcher and children's book author

Thank you to our event sponsor:



Presenting partners:



Learn more at braininstitute.ca/talks2024-25

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