

29th
Nov



Friday 29th November 2019



10.00am to 1.00pm



Adelaide Health and Medical
Sciences Building
G030 Lecture Theatre 1
North Terrace



This is a free event



AAG
Australian
Association of
Gerontology

Hear from:



Dr Genevieve Steiner

Research Director and Lead of the
Neurocognition Laboratory at the
NICM Health Research Institute at
Western Sydney University



Dr Alexandra Wade

Alliance for Research in Exercise,
Nutrition and Activity (ARENA)
University of South Australia



Dr Ashleigh Smith

Alliance for Research in Exercise,
Nutrition and Activity (ARENA)
University of South Australia



A/Prof Tim Windsor

Flinders University's College of
Education, Psychology and
Social Work

Lifestyle and Healthy Brain Ageing

Improved health care and living standards have meant that more people are living longer and healthier lives. This is fantastic, but with increased age comes an increased risk of developing dementia. More than 46 million people worldwide are living with dementia, and with an ageing population this is expected to triple in the next three decades. Understanding the causes of dementia, and what each of us can do to reduce our risk of dementia, has never been more important.

In this seminar, we will explore the science behind dementia prevention, and how certain lifestyle factors can help us maintain healthy brain performance as we age.

- Hear from experts in brain ageing and dementia research
- Explore the science behind dementia prevention
- Learn about lifestyle factors that promote healthy brain ageing

[Click here for more information on our speakers and to register for the event](#)

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www.aag.asn.au

To improve the experience
of ageing through

CONNECTING
RESEARCH, POLICY and PRACTICE

Registration		10.00
Welcome and introduction	Dr Mitchell Goldsworthy (chair)	10.15
<p>Prevention of dementia In this presentation, Dr Steiner will describe her own personal journey caring for a loved one with dementia, highlight the early signs of dementia and the importance of early detection, and detail the latest evidence on dementia prevention and delaying deterioration.</p>	Dr Genevieve Steiner	10.20
<p>The Mediterranean diet for healthy brain ageing in Australia The Mediterranean diet has a range of health benefits, and has been linked to reductions in dementia risk. This talk will explore the bioactive nutrients of the Mediterranean diet, and their effect on brain health and functioning.</p>	Dr Alexandra Wade	10.50
Morning tea will be provided (please indicate any dietary preferences when registering)		11.20
<p>Living your best day: Optimising activity patterns for brain health In this presentation, Dr Smith will share her recent research around the importance of balancing optimal amounts of physical activity, sleep and other lifestyle behaviours together for the best brain health.</p>	Dr Ashleigh Smith	11.50
<p>Social engagement and cognition in older adulthood Research concerned with cognitive ageing and dementia has increasingly focused on lifestyle factors that could help people to remain cognitively healthy for longer. Recent evidence suggests that remaining socially engaged might be one way to help preserve cognitive fitness. In this presentation, A/Prof Windsor will review recent research evidence concerned with links between social engagement and brain health, outline possible reasons why socially engaged people report better cognitive health, and present findings from his own research on this topic.</p>	A/Prof Tim Windsor	12.20
Closing remarks	Dr Mitchell Goldsworthy (chair)	12.50
Close		1.00