

DATE:
Monday,
November 17, 2014

TIME:
4:00 p.m. to 5:30 p.m.

LOCATION:
MDCL 3020

WEBSITE:
www.demystifyingmedicine.ca

CONTACT INFO:
Dr. Kjetil Ask
demystifyingmedicine@gmail.com
or **Sara Sellers** ext. 76706



Step into a Healthier Brain: Physical Activity for Alzheimer's Disease

SPEAKERS:



Dr. Jennifer Heisz

*Assistant Professor, Department of Kinesiology
Associate Director (Seniors), Physical Activity Centre
of Excellence, McMaster University*



Dr. Susan Vandermorris

*Psychologist and Director of Training,
Neuropsychology and Cognitive Health Program,
Baycrest*

LEARNING OBJECTIVES:

- Name at least three causes of memory change in older adults
- Compare and contrast memory changes in normal aging versus memory changes in Alzheimer's disease
- Understand the impact of Alzheimer's disease on the brain
- Evaluate state-of-the-art research on physical activity for Alzheimer's disease prevention and treatment

**McMaster
University** 

Department of Medicine

 Michael G. DeGroot
SCHOOL OF MEDICINE

Continuing Health
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