



March 26, 2019 18:00 – 20:00

LIFEBRAIN PUBLIC LECTURE ON **HEALTHY AGEING**

Your brain is your life! Lifebrain public lecture series 3.



A healthy brain is essential to enjoy a productive human life. How do our brains change across our lifespan? What is healthy ageing, and how do we encourage it? How can we maintain a healthy brain in older age? Brain health researchers will present some of their current findings at the public lecture of the Lifebrain project.

FREE ENTRANCE, but registration is required at Eventbrite. There are 90 seats available on a first come first served basis. Free refreshments.

Registration and free tickets at: www.eventbrite.co.uk (look for Healthy ageing-Your brain is your life).

PROGRAMME

18:00 Doors open

18:30 Welcome address

18:35 – 18:50 How do people think about brain health?

Isabelle Budin-Ljøsne, PhD, Senior adviser, Norwegian Institute of Public Health
Isabelle Budin-Ljøsne will describe the findings from a European study on people's perceptions of brain health.

18:50 – 19:05 How does the brain change with age?

Sophia Borgeest, Lifebrain researcher, PhD student in Cognitive Neuroscience, MRC Cognition and Brain Sciences Unit, University of Cambridge
Sophia Borgeest will discuss how we can use cutting edge imaging techniques to study how the brain changes across the lifespan.

19.05 – 19.50 Healthy ageing in the 21st century.

Fiona Matthews, Professor in Epidemiology, Institute for Health and Society, Newcastle University
Fiona Matthews will discuss how social factors, lifestyle, and health impact on our brain health and what this means for us now.

19.50 – 20.00 Questions and answers, wrap-up

VENUE

MRC Cognition and Brain Sciences Unit, University of Cambridge, 15 Chaucer Road, postcode CB2 7EF, UK

MORE INFORMATION

Lifebrain Horizon2020 project
Website: www.lifebrain.uio.no
Facebook: facebook.com/lifebrain.h2020
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