

Cognitive Vitality and Brain Health Interdisciplinary Grand Rounds

This activity is promoted by the Gait & Brain Research Lab - (Lawson Health Research Institute) and the CCNA Mobility, Exercise & Cognition team

Exercise is Medicine for Brain Health

Monday, February 8, 2016

2:30 pm - 3:30 pm (Q & A from 3:30 pm - 4 pm)

Parkwood Institute, Mental Health Building Auditorium F2-235

Guest speaker:

Dr. Teresa Liu-Ambrose



Dr. Teresa Liu-Ambrose, PhD, PT, Associate Professor, is a physical therapist and a Canada Research Chair at the University of British Columbia, Department of Physical Therapy. She directs the Aging, Mobility and Cognitive Neuroscience as well as the Vancouver General Hospital's Falls Prevention Clinic. Her research program focuses on defining the role of exercise -- particularly, resistance training - in promoting cognitive and mobility outcomes among older adults. Various methods are utilized in the Aging, Mobility and Cognitive Neuroscience Laboratory, including randomized controlled trials (RCTs), functional and structural neuroimaging, and actigraphy. Her work has been featured widely in the media, including the New York Times and the Wall Street Journal. Dr. Liu-Ambrose works collaboratively with faculty in Psychology, Neurology, Radiology, Family Practice, Geriatric Medicine, and Epidemiology. Dr. Liu-Ambrose is an investigator with the Centre for Hip Health and Mobility and the Djavad Mowafaghian Centre for Brain Health.

The objectives of this session include:

- Summarize the key evidence that supports “Exercise is Medicine” for the brain
- Understand key mechanisms by which exercise promotes brain health.

Videoconferencing available - OTN Event # 51702939

Ensure your OTN equipment is up and running by 2:15 pm. If you connect after 2:15 pm please call OTN at 1-866-454-6861 and have your event I.D., site number, and camera number available.

Webcast Link: <http://webcast.otn.ca/mywebcast?id=51702939>

Self-Approved Group Learning Activity Event

This event is a self-approved group learning activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada.

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