

Third Annual Patient and Research Participant Appreciation Celebration: Educational Conference on Healthy Brain Aging

November 7, 2020

1:00PM-1:05PM

Welcome

Victor Henderson, MD, Director, Stanford ADRC

1:05PM-1:25PM

Victor Henderson, MD

Mild Cognitive Impairment

1:30PM-1:50PM

Katrin Andreasson, MD

Inflammation and cognitive decline

1:55PM-2:15PM

Tony Wyss Coray, PhD

Young blood for old brains

2:20PM-2:35PM

Open forum discussion & questions

2:35PM-2:50PM

BREAK (optional QiBreak - Qi Gong-Breath exercises)

2:55PM-3:15PM

Kristin Morris (SHC)

Practical Exercise Strategies for Movement Disorders

3:20PM-3:40PM

Lauren Stroshane

Neuroscience Supportive Care Program:
Fostering Communities Virtually Through Exercise,
Workshops, and Support Groups

3:40PM-3:50PM

Open forum discussion & questions

3:50PM

Closing remarks

THANK YOU, participants and study/care partners, for your generosity of spirit and time!!!! ***An email with a link to an online, anonymous survey will be sent to you in approximately a week to complete a follow up survey about our event today. Please take the time to complete. We do appreciate your constructive feedback!! Keep well and safe everyone ☺!*