

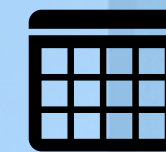
Post-Conference Education Webinar Series

Cognitive Reserve: Promoting healthy cognitive ageing

Translating Evidence for the Decade of Healthy Ageing

Evidence indicates that lifestyle factors including educational and occupational success, engaging in leisure and social activities, as well as IQ are all associated with reduced risk of developing dementia. Many of these lifestyle factors have also been associated with reduced rate of cognitive decline in normal ageing, and have a similar influence on the expression and progression of many other brain diseases.

Join this webinar to broaden your understanding of the cognitive reserve hypothesis and learn about recent evidence supporting the idea that specific genetic and lifestyle factors may help preserve a healthy brain or enhance brain reserve, a process that has been called brain maintenance.



12 June
2019



9:00 - 10:00 AM
Eastern Daylight Time

Register Now



Dr Yaakov Stern

Professor of Neuropsychology,
Columbia University, College of
Physicians and Surgeons