



# Brain Health & Dementia

An educational and networking event

Thursday May 2, 2024 | 10 AM - 2 PM | CAMH, 1025 Queen St. West  
2nd floor Auditorium

## Agenda

| Time        | Interactive Presentation  | Presenter  |
|-------------|---|--|
| 9:30-10:00  | Guests arrive, pick up registration packages, settle in                                       |  |
| 10:00-10:15 | Welcome<br>Perspectives from a care partner to a person living with dementia                  | TBD: Member of TDRA's Lived Experience Advisory Partners (LEAP) Council  |
| 10:15-10:30 | What causes dementia and what can I do about it?  | <b>Dr. David Tang-Wai</b><br>University Health Network   |
| 10:30-10:45 | How are mental health and dementia connected?<br>What does the road ahead look like?          | <b>Dr. Corinne Fischer</b><br>Unity Health Toronto   |
| 10:45-11:00 | My life living with dementia  | TBD: Member of TDRA's LEAP Council   |
| 11:00-11:10 | Break   |  |
| 11:10-11:30 | Brain Health 4 All: Training for aging adults with developmental disabilities & care partners | TBD: Adult living with intellectual disability or care partner<br><b>Dr. Yona Lunsky</b><br>Centre for Addiction & Mental Health |
| 11:30-11:45 | Healthy sleep for a healthy brain   | <b>Dr. Andrew Lim</b><br>Sunnybrook Health Sciences Centre   |
| 11:45-11:55 | Brain exercise break – CANOKU   |  |
| 11:55-12:10 | Using your senses to Defy Dementia:<br>Lifestyle changes to maintain brain health             | <b>Dr. Allison Sekuler</b><br>Baycrest Academy for Research & Education and CABHI  |
| 12:10-1:10  | Lunch & interact with exhibitors  | Exhibit tables: TDRA member hospitals, TDRA, Alzheimer Society of Toronto  |
| 1:10-1:50   | Why participating in dementia research is so important  | <b>Dr. Mary Chiu</b><br>Ontario Shores Centre for Mental Health Sciences<br>& Members of TDRA's LEAP Council                     |
| 1:50-2:00   | Wrap up   | TBD: Member of TDRA's LEAP Council   |

**Lunch will be provided & FREE to attend!**

Register now at: <https://TDRA-Brain-Health-And-Dementia-Event.eventbrite.ca>

\*\*\* Space is limited. MUST register to attend. \*\*\*

Questions? Email: [tdra@utoronto.ca](mailto:tdra@utoronto.ca)

