



# Empowering Older Adults: Modifiable Risk Factors for Dementia

An educational and networking event

Thursday, June 18, 2026 | 11 AM - 2 PM | CAMH, 1025 Queen St. West  
2nd floor Auditorium

## Agenda

Time	Interactive Presentation	Presenters
10:40-11:00	Guests arrive, pick up registration packages	
11:00-11:05	Welcome	Victoria Telford TDRA
11:05-11:10	What are modifiable risk factors	Dr. Carmela Tartaglia TDRA, University Health Network
11:10-11:20	Exercise as a modifiable risk factor	Dr. Brittany Intzandt Baycrest, Rotman Research Institute
11:20-11:30	The lived experience perspective	Alicia Heaver TDRA Lived Experience Advisory Partners council member
11:30-11:45	Break / Visit Exhibitors	
11:45-11:55	Vascular risk factors of dementia	Dr. Wai Haung Yu University of Toronto
11:55-12:05	The relationship between mental health and dementia	Dr. Sanjeev Kumar University of Toronto
12:05-1:05	Lunch / Visit Exhibitors	
1:05-1:10	Research study presentation: Nature-based Virtual Reality Intervention for Depression in Alzheimer's Disease (VRN-AD)	Dr. Harmehr Sekhon McGill University
1:10-1:20	The importance of caregiver health	Dr. Mary Chiu Ontario Shores Centre for Mental Health Sciences
1:20-1:30	Defy Dementia Podcast	Sylvain Dubroqua, Negar Mazloum-Farzaghi Centre for Aging + Brain Health Innovation (CABHI)/Baycrest Academy for Research and Education (BARE)
1:45-1:55	Disease modifying therapies: changing the dementia landscape	Dr. Carmela Tartaglia TDRA, University Health Network
1:55-2:00	Wrap Up	Dr. Carmela Tartaglia TDRA, University Health Network

