

BRAIN LONGEVITY® SYMPOSIUM

SCHEDULE AT A GLANCE

26-27 October 2019 / Scottsdale, AZ

Saturday, October 26, 2019

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| 7:00-7:45 am | Registration, Breakfast, and Networking |
| 7:45-8:20 am | Healing the Healer: Chair Yoga to Maximize Your Wellbeing Mahan Kirn Kaur, Master Healer |
| 8:30- 9:30 am | FINGER Study Update (livestream) Miia Kivipelto, MD, PhD |
| 9:30-10:45 am | Feed Your Brain: What to Eat to Fend off Alzheimer's and Other Dementias Annie Fenn, MD |
| 10:45-11:00 am | Coffee Break |
| 11:00-12:30 pm | West Virginia University Research: Kirtan Kriya Meditation for Adults with Early Memory Loss. What Have We Learned and Where do We Go from Here? Kim Innes, MSPH, PhD |
| 12:30-2:00 pm | Lunch with the Expert (boxed lunch provided) |
| 2:00-3:15 pm | Latest Updates in Alzheimer's Prevention Dharma Singh Khalsa, MD |
| 3:15-3:30 pm | Coffee Break |
| 3:30-6:00 pm | Small Group Discussion by Professional Interest |
| 6:00 pm | Adjourned |
| 6:30-8:30 pm | BLTT Community Reception |

BRAIN LONGEVITY® SYMPOSIUM

Sunday, October 27, 2019

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| 7:00-7:45 am | Breakfast and Networking |
| 7:45-8:20 am | Healing the Healer: Chair Yoga to Maximize Your Wellbeing Mahan Kirn Kaur, Master Healer |
| 8:30- 10:00 am | Building Your Brain: Why Neuroplasticity is Crucial for Brain Longevity Christian Habeck, PhD |
| 10:00-10:15 am | Coffee Break |
| 10:15-12:00 pm | Yoga Therapy in Healthcare: Opportunities and Best Practices Lori Rubenstein Fazzio, DPT, C-IAYT |
| 12:00-1:00 pm | Review, Q&A and Closing Dr. Chris Walling, PsyD, C-IAYT |

Additional information:

The Ina Levine Jewish Community Center is located at 12701 N Scottsdale Rd, Scottsdale, AZ 85254.

For assistance contact:

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