

BLTT & SYMPOSIUM 2019

SCHEDULE AT A GLANCE

24-27 October 2019 / Scottsdale, AZ

Thursday, October 24, 2019

- 4:00 pm Registration
- 4:15- 6:00 pm Orientation
Kirti Khalsa, ARPF CEO

Friday, October 25, 2019

- 7:00-7:45 am Breakfast and Networking
- 7:45-8:20 am Chair Yoga and Teaching to Older Adults
Kirti Khalsa, ARPF CEO
- 8:30-10:00 am Applied Yoga Research in Alzheimer's Prevention
Dr. Chris Walling, PsyD, C-IAYT
- 10:00-10:15 am Coffee Break
- 10:15-12:00 pm The Psychology of Longevity
Dr. Chris Walling, PsyD, C-IAYT
- 12:00-1:00 pm Lunch on Your Own
- 1:00-2:30 pm Motivational Techniques for Creating Behavioral Change
Dr. Chris Walling, PsyD, C-IAYT
- 2:30-5:30 pm Small Group Discussion & Practicum
- 3:15-3:30 pm Coffee break
- 5:30-6:00 pm Closing
Dr. Chris Walling PsyD, C-IAYT

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Saturday, October 26, 2019

- 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- 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

Sunday, October 27, 2019

- 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

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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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