

## Brain Health: Science-Informed Techniques for Optimal Function (part of Healthy Aging Workshops)

Virtual introductory talk with COA, Ottawa on Sept 18, 1pm

**Healthy Aging Workshops** are scientifically informed initiative designed to empower seniors with practical insights into healthy aging. Each session of the Healthy Aging Program is grounded in the latest research and aims to provide actionable tools that support physical and mental well-being.

### **Brief Description of the talk:**

A healthy brain supports cognitive abilities such as memory, attention, and problem-solving. Maintaining optimal brain health is one of the foundational pillars for healthy aging. This webinar session will equip you with science-backed techniques to support optimal brain function throughout the aging process, offering practical tools for maintaining cognitive health and enhancing overall well-being.

### **What You Will Learn:**

- Understand the fundamentals of brain health and its essential components.
- Explore the science of memory formation.
- Gain insights into how different aspects of brain function contribute to cognitive well-being.
- Learn about natural cognitive changes with aging and proactive strategies for empowerment.
- Recognize signs of cognitive decline versus indications of more serious impairments.
- Introduction to the Brain Health Toolkit: a diverse array of scientifically supported strategies and behavioral modifications to improve attention and memory retention.

### **Who Should Attend:**

- **Seniors and Older Adults:** Individuals interested in maintaining or enhancing their cognitive health.
- **Caregivers:** Family members or professionals supporting older adults.



- **Health Enthusiasts:** Those keen on learning about evidence-based strategies for brain health.
- **Healthcare Providers:** Professionals seeking to deepen their knowledge of cognitive aging and support strategies.

### **About Speaker:**

Dr. Shilpi Gupta is a Scientist, Knowledge Mobilization Expert, Science/Health Communicator, and Author. As the visionary founder of **Curious and Creative Lab**, she champions the fusion of curiosity and creativity. Her profound mission revolves around making science accessible, communicating it in an engaging and uncomplicated manner. Driven by the belief that understanding the body's language leads to better lives, she endeavours to simplify complex concepts, ensuring everyone can grasp them easily. She is devoted to advancing Healthy Aging and Women's Health.

Her recent debut book, *'Empowering Aging: Insights from the Healthy Aging Webinar Series'*, reflects her dedication to promoting healthier and more informed lifestyles for individuals navigating the journey of aging.

Ways to connect with Dr. Gupta

**Website:** [www.curiousandcreativelab.ca](http://www.curiousandcreativelab.ca) | **Email:** [drs@curiousandcreativelab.ca](mailto:drs@curiousandcreativelab.ca)

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