



**Let's Talk About Brain Health & Brain Disease**  
**UCD O'Brien Centre for Science (George Moore Auditorium)**  
**Mon 27th August 2018**

Time	Item	
10:15 – 10:50	<b>Registration &amp; Tea/Coffee</b> Opportunity to review posters of current research and browse information tables	
10:50 – 11:05	<b>Welcome</b> <b>The Influence of Lifestyle and other Risk Factors on Brain Disease</b>  Carol Rogan, Scientific Coordinator, Dementia and Neurodegeneration Network Ireland (DNNI) Prof. Catherine Blake and Dr. Laura Mackey, School of Public Health, Physiotherapy and Sports Science, UCD	
11:10-11:40	<b><u>Option 1 (George Moore Auditorium)</u></b> <b>Parkinson's Disease Overview with an Emphasis on Physical Wellbeing</b> Gillian Quinn, Senior Physiotherapist in Neurology, St. Vincent's University Hospital  <b>Living Well With Parkinson's Disease</b> Gary Boyle	<b><u>Option 2 (Room H1.51 1st Floor)</u></b> <b>Physical Activity in Dementia/Alzheimer's Disease</b> Demonstration by Siel Bleu Ireland
11.45-12.15	<b><u>Option 1 (George Moore Auditorium)</u></b> <b>Dementia/Alzheimer's Disease Overview</b> Sarah Cosgrave, Advanced Nurse Practitioner Candidate, Carew House Day Hospital, St. Vincent's University Hospital  <b>Living Well With Dementia/ Alzheimer's Disease</b> Kathy Ryan, Vice Chair, Irish Dementia Working Group	<b><u>Option 2 (Room H1.51 1st Floor)</u></b> <b>Physical Activity in Parkinson's Disease</b> Demonstration by Siel Bleu Ireland

<b>12:15 – 12:35</b>	<b>The importance of Nutrition for Brain Health</b> Didi De Zwarte, Dietitian, St. Vincent's University Hospital
<b>12:35 – 12:45</b>	<b>Accessing Care and Support for People with Dementia and their Family Caregivers</b> Dr. Sarah Donnelly, School of Social Policy, Social Work & Social Justice, UCD
<b>12:45 – 1:30</b>	<b>Light Lunch</b> Opportunity to review posters of current research and browse information tables
<b>1:30 – 1:50</b>	<b>Social Connections</b> HSCP (Health and Social Care Professional) Staff, St. Columcille's Hospital, Loughlinstown
<b>1:50 – 2.15</b>	<b>Mindfulness for Self-Care and Stress Reduction</b> Jim O'Shea, Mindfulness Instructor
<b>2:15 – 2:40</b>	<b>Music and Brain Health</b> Dr. Catherine Jordan, Global Brain Health Institute, Trinity College Dublin
<b>2.40 – 3.00</b>	<b>Q&amp;A Session with Panel</b>
<b>3.00 – 3.15</b>	<b>Optional Talk</b> Prof. Madeleine Lowery, School of Electrical and Electronic Engineering, UCD Research into Deep Brain Stimulation in Parkinson's Disease
<b>3.15pm</b>	<b>Close</b>