



BRAIN CONNECTIONS

Let's Talk About Brain Health & Brain Disease



**Join us in UCD on Mon 27th August for talks, advice and sharing of ideas
O'Brien Centre for Science (Rm H1.51) 10.50 – 3.15pm (Registration from 10.15am)**

Topics:

- ❖ An overview of Dementia/Alzheimer's Disease
- ❖ An overview of Parkinson's Disease
- ❖ The influence of Lifestyle and Other Risk Factors on Brain Disease
- ❖ Physical Activity Demonstration
- ❖ Nutrition & Brain Health
- ❖ What Research is Being Carried Out into these Brain Diseases?
- ❖ The Importance of Social Connections
- ❖ Mindfulness for All
- ❖ Music and Brain Health

All Welcome and Free to Attend - Book through Eventbrite:

<https://www.eventbrite.ie/e/brain-connections-lets-talk-about-brain-health-brain-disease-tickets-48868246240>

Or Contact Carol Rogan: 086 145 1068 - (01) 428 4531 - E: carol.rogan@alzheimer.ie