

A Series on Aging, Memory and Alzheimer's Disease

Temple Aliyah's Adult Education Committee invites you to an informative three-part series to learn about a topic that affects a growing number of families, as we and those we love live longer lives.

This series is presented by clinicians, researchers and staff from the Center for Alzheimer Research and Treatment at Brigham and Women's Hospital (CART). Each session features a one-hour presentation, followed by an opportunity for questions and a resource table, including information for caregivers of people living with dementia. Please join us for one, two or all three sessions.

This series is free and open to the public. Registration preferred. For questions or to register, please email: adulted@templealiyah.com



A World Without Alzheimer's Disease
Lenore Jackson-Pope and Leah Levine
Thursday, March 7, 2019, 7:00-8:30 PM

This session will address fundamental questions around memory, aging and Alzheimer's Disease: How do you tell if memory is "normal" or not? What is Alzheimer's Disease? Can you do anything to prevent it? Are there any developments in research? What can you do to help?

Lenore Jackson-Pope, R.N., B.S.N., M.S.M., C.C.R.P., *Co-Director of Primary Care Outreach at the Center for Alzheimer Research and Treatment at Brigham and Women's Hospital, and of the Massachusetts Alzheimer's Disease Research Center at Massachusetts General Hospital, Harvard Medical School.*

Leah Levine, B.A., *Recruitment Specialist at the Center for Alzheimer Research and Treatment at Brigham and Women's Hospital.*



"Can Alzheimer's Be Stopped?" A NOVA program
Rebecca E. Amariglio
Tuesday, April 2, 2019, 7:00-8:30 PM

We will show the compelling PBS documentary "Can Alzheimer's Be Stopped?" One of the greatest medical mysteries of our time, the disease strikes at the core of what makes us human: our capacity to think, to love and to remember. Learn what researchers, including those at CART, are doing to find a cure and the key role people play in participating in clinical trials.

Rebecca E. Amariglio, Ph.D., *Clinical Neuropsychologist, Brigham and Women's Hospital and Massachusetts General Hospital, Assistant Professor of Neurology, Harvard Medical School.*



Pathways to Prevention: Maximizing Brain-Healthy Behavior to Protect from Cognitive Decline
Seth Gale and Taylor Krivanek
Tuesday, May 7, 2019, 7 – 8:30 PM

Significant evidence shows that certain healthy behaviors can decrease the chance of developing new or worsening cognitive problems. This session will provide an overview of cognitive aging, focusing on modifiable risk factors for dementia; review current research in diet, mindfulness, sleep, exercise, and social and cognitive activities; and explore lifestyle changes you can make today to maximize your brain health for the future.

Seth Gale, MD, *Associate Neurologist, Brigham and Women's Hospital; Study Physician and Investigator at CART, Instructor in Neurology, Harvard Medical School.*

Taylor Krivanek, B.A., *Research Assistant for the Brain Health Champions Study at the Center for Brain/Mind Medicine.*