



Seniors Active Living Fair

Wednesday, October 16, 2024
10:00am - 2:00pm

Laurier Brantford YMCA

100 Water Street Brantford | (519) 512-4891

FREE to the community. No registration required.

SPEAKERS: 10:30 -11:30am

YMCA DEMONSTRATIONS:

Falls Prevention/Balance+: 11:45am -12:15pm

Gentlefit & Activator Walking Poles: 12:45 -1:15pm

If you are interested in being an exhibitor 10:00am to 2:00pm **please contact:**

ymcahbb.ca/seniors-active-living-fairs

Promoting brain health: Discover how to reduce your risk for dementia

It's never too early or too late to reduce your risk of dementia. Did you know that up to 40% of dementias could be prevented or delayed by modifying your lifestyle? In this webinar, you'll learn what the latest research says about the actions you can take to promote brain health and delay or prevent cognitive impairment. Discover how physical activity, weight management, hearing loss, blood vessel health, social and cognitive activity, smoking and alcohol consumption, and other conditions, such as traumatic brain injury and medication side effects, can affect cognition.



Bio: Dr. Anthony Levinson is a Professor at McMaster University and a physician who works in the area of consultation-liaison psychiatry in Hamilton. As the Director of the Division of e-Learning Innovation in the

Faculty of Health Sciences, Dr. Levinson develops and studies internet-based solutions to deliver high-quality health educational experiences to both the public and healthcare professionals. As part of the leadership team for the McMaster Optimal Aging Portal, he leads the design and development of multimedia content, including online learning about various topics related to healthy aging. He was recently awarded a grant from the Public Health Agency of Canada to study and develop web-based resources to educate Canadians about dementia risk reduction (dementiarisk.ca). Along with his colleague, Dr. Richard Sztramko, he developed iGericare.ca, an online dementia education program for care partners of people living with dementia.

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