

CIHR CAFÉ SCIENTIFIQUE PRESENTS

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# I'm Not Getting Older, I'm Getting Smarter!

## Aging, the Mind and Mental Health

Friday, June 12th, 2009 at 10:00 a.m.  
Prospect Room 2, Exhibition Park  
Halifax

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Please join us for refreshments and lively discussion about the latest health research evidence. This event, presented by the Canadian Institutes of Health Research and its Institute of Aging in partnership with the Mental Health Commission of Canada, is free with admission to the Halifax 50+ Expo. Space is limited.

What does it take to keep a brain alert? Does getting older mean losing optimism? Research suggests that advancing age does not necessarily mean reduced mental capacity or diminished mental health. At this Café Scientifique, some of Canada's leading health researchers will talk about what can go wrong with the brain during aging, what we can do to keep our grey matter growing, and the relationship between aging and common mental illnesses such as depression and anxiety.

### Experts:

**Dr. Kenneth Rockwood**  
Professor of Geriatric Medicine  
and Kathryn Allen Weldon  
Professor of Alzheimer Research  
Dalhousie University

**Dr. Sultan Darvesh**  
Associate Professor of  
Medicine (Neurology)  
Anatomy & Neurobiology  
and Chemistry  
Dalhousie University

**Dr. Keri-Leigh Cassidy**  
Associate Professor of Psychiatry  
Dalhousie University

### Moderators:

**Dr. Marie-France Tourigny-Rivard**  
Clinical Director  
Royal Ottawa Hospital  
Psychiatry Program

**Dr. Anne Martin-Matthews**  
Scientific Director  
CIHR Institute of Aging



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