

# I'm Just Getting Old, That's All...

## Drawing the Link Between Aging and Brain Health

Wednesday, June 23, 2010, 5:30 p.m.

**Bottlescrew Bills Old English Pub**

140 - 10 Avenue S.W., Calgary, Alberta

RSVP: [ydurnin@ucalgary.ca](mailto:ydurnin@ucalgary.ca)

This free event is funded by the Canadian Institutes of Health Research.

Space is limited.

*RSVP is required*

*"I've just misplaced my keys..."* Forgetfulness and senility, or noticeable cognitive decline, is often regarded as an inevitable, irreversible, and unpreventable consequence of aging. Although some merely joke about their "senior moments," others fret that their inability to remember something is an early sign of dementia.

Researchers from the CIHR and Hotchkiss Brain Institute have been closely studying cognitive function and the links between aging, stroke, exercise and maintaining brain and blood vessel health.

Please join us for a lively discussion of the latest research evidence on this important subject.

**Experts:**

**Dr. Marc Poulin**

Professor, Departments of Clinical Neurosciences and Physiology & Pharmacology  
University of Calgary

**Dr. Eric Smith**

Assistant Professor, Department of Clinical Neurosciences, Radiology and Community Health Sciences  
University of Calgary

**Moderator:**

**Dr. Dawn Pearson**

Clinical Assistant Professor  
Department of Clinical Neurosciences  
University of Calgary

