



Canadian Institutes  
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CIHR CAFÉ SCIENTIFIQUE  
PRESENTS

# Science on tap

## Quench your interest

**August 19, 2008 from 9:00am-11:30am**

Minoru Place for Seniors  
7660 Minoru Gate  
Richmond, BC

### **Active Living for Older Adults: Promoting Healthy Brains**

To keep up with your everyday tasks, you need to be fit – not only physically, but mentally too! Find out how exercising your body will not only keep your body in shape, but your brain as well. Come and learn about brain health issues of specific concern for older adults, such as cognitive impairment, dementia, Alzheimer's disease and the role of exercise in treatment and prevention.

We will encourage your participation in this interactive event. Share your knowledge and experiences and have some of your questions addressed by our expert panel of researchers and physicians.

Come prepared to MOVE! Refreshments will be served.  
To register email [bcnar@sfu.ca](mailto:bcnar@sfu.ca) or call 778.782.7972

#### EXPERTS

**Teresa Liu-Ambrose, PT, PhD**  
Assistant Professor,  
Dept. of Physical Therapy, UBC  
Centre for Hip Health & Mobility

**Dr. Janet McElhaney, MD, FRCPC, FACP**  
Professor, UBC  
Allan M. McGavin Chair, Geriatric Research  
Division Head, Geriatric Medicine, UBC & SPH

**Dr. Phillip Lee, MD, FRCPC, FACP**  
Division of Geriatric Medicine, SPH & UBC

#### MODERATOR

**Dr. Karim Khan, MD**  
Associate Professor  
Dept. of Family Practice, UBC  
Centre for Hip Health & Mobility



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