SUCCESSFUL AGING: REDUCING YOUR RISK FOR ALZHEIMER’S DISEASE

2nd Annual Conference on Successful Aging

Department of Psychology
Evelyn F. McKnight Brain Institute
BIO5 Institute
Diamond Sponsor: Tucson Medical Center

Friday, February 21st, 2014
7:30 am – 5:00 pm
DoubleTree by Hilton Hotel Tucson-Reid Park

Registration fee: $48.00
$150 for psychologists/NCIA requesting CE credits

In Arizona, more than 94,000 people currently have a diagnosis of Alzheimer’s disease. By 2025, that number is expected to rise by 67%, to over 157,000 Arizonans. With over a quarter of the approximately one million residents in Tucson over the age of 55, there is a growing need for education and awareness about the signs, symptoms, and treatment options for Alzheimer’s disease. The Annual Conference on Successful Aging provides researchers at UA the opportunity to reach out to the community, providing scientific information and dispelling myths regarding prevention of this disease.

TOPICS INCLUDE:
- Understanding the symptoms, causes, and risks for Alzheimer’s disease
- New and promising treatments for Alzheimer’s disease
- The benefits of social engagement for maintaining cognitive health
- Decreasing risk for Alzheimer’s disease through diet and nutrition
- Preventing falls and head injuries that increase risk for cognitive decline
- Caregiving: Providing care while managing stress

For more information, please visit our website:
www.psychology.arizona.edu/ACoSA
Looking Back on 2013:

Good for the Heart, Good for the Brain:
Enhancing Cognitive Function as We Age

ACoSA 2013 was attended by over 300 community participants, healthcare providers, scientists, and students. UA researchers discussed the most up-to-date scientific information on how to maintain our cognitive abilities throughout our lifetime, and how to incorporate this information into our daily lives.

Comments from registrants:

“The speakers were so extremely informative and approachable.”

“Talks were not overly technical, information was very current and relevant.”

“Lively presenters, excellent data-driven information. Each presenters’ tips for daily life changes was a brilliant idea!”

“Wealth of information from experts”

“So very much intellectual stimulation, so much to think about.”

“Excellent information and presentation”

“Fabulous! Never before heard anyone say, "I work a lot with broccoli."”

“Practical advice w/ good documentation that was well-presented.”

“Good practical information that is useful on a daily basis.”

“Terrific- practical advice presented in a scientific environment.”

“Excellent points, transferable to present day life.”

“All in all, great speakers and fantastic organization. Great info.”

“Outstanding”