Elizabeth Glisky, Ph.D. Professor and Head, Department of Psychology, School of Mind, Brain, & Behavior, College of Science. Research focus: Memory and executive function, how they change in normal aging or as a result of brain injury or disease, and how to improve them.

Finding Balance Supports Our Well-Being. Dr. Glisky will talk about how balance in different aspects of our life can affect cognitive function.

This session is designed to help you:
1. Describe how the loss of executive functions in normal aging impact memory and other cognitive functions.
2. Recognize the importance of helping clients make multiple lifestyle changes rather than focusing on a single health factor in order to maintain a healthy brain as you age.

David Raichlen, Ph.D. UA Associate Professor, School of Anthropology. Research focus: Human evolutionary physiology; Evolution of old age in humans; Evolutionary medicine.

Balance Exercises and Fitness to Prevent Injuries and Cognitive Decline. Dr. Raichlen will talk about ways to reduce the risk of falling and fall-related injuries by improving balance.

This session is designed to help you:
1. Demonstrate balance training and exercises for older adults and its effectiveness on decreasing falls for their patients.
2. Observe and relay lifestyle changes that can increase aerobic capacity in older clients in order to maintain cognitive abilities.

Gene E. Alexander, Ph.D. Co-Director, Annual Conference on Successful Aging (ACoSA); U.A. Professor of Psychology, Neuroscience, and Physiological Sciences; and Director, Brain Imaging, Behavior & Aging Lab. Research focus: Health factors that influence cognitive and brain aging.

Staying Mentally Fit by Being Cognitively Active. Drs. Alexander and Ryan will talk about how engaging in cognitively stimulating activities throughout life may be beneficial for your brain.

This session is designed to help you:
1. Plan life-long learning activities that can maintain brain health in older patients.
2. Recite the most recent evidence for and against brain training software for maintaining memory and other cognitive abilities as we age so that they can advise clients on the utility of these methods.
Sandy Markwood, M.A.  Chief Executive Officer, National Association of Area Agencies on Aging. Sandy Markwood has more than 30 years of experience in the development and delivery of aging, health, human services, housing and transportation programs in counties and cities across the United States. **Where You Live Matters! - Living Environments and Cognitive Health/Well-Being.** Ms. Markwood will be talking about the impact of the community and environments on cognitive health.

**This session is designed to help you:**

1. Recognize the impact of community and residential environments on cognitive health and how it affects older adults.
2. Select the specific community resources in Tucson for older adults in order to refer clients to appropriate supportive agencies.

L’Don Sawyer, M.A. Director of Senior Services, Tucson Medical Center. L’Don Sawyer has over 20 years of experience working with older adults and on various committees and boards such as the Mayor’s Senior Task Force Volunteerism Action Team, Mobile Meals of Tucson, United Nations of Southern Arizona, Arizona Connected Care Patient Engagement Committee, Senior Companion Program and OASIS. **Volunteering: A Practical Approach for Finding the Right Fit.** Ms. Sawyer will be talking about how to find the right volunteer opportunities and impact volunteering has on cognitive health.

**This session is designed to help you:**

1. Describe the positive impact of volunteering on health and wellness in older adults, as demonstrated by recent research.
2. Prepare ways to help clients find a volunteer position that is the “best fit” for that individual.

Mary-Frances O’Connor, Ph.D. U.A. Assistant Professor, Department of Psychology. **Research focus:** The influence of immune functions on psychological well-being, grief and adaptation to widowhood. **What happens to our health, thinking and feeling during grief, and how best can we adapt resiliently?** Dr. O’Connor will be talking about how to find emotional balance in the face of stressful events.

**This session is designed to help you:**

1. Recount the physiology of stress and the impact that it has on a client’s physical and emotional health.
2. Assess the importance of reinstating social interaction for mental health in clients who are isolated or lonely due to recent loss of a loved one or other stressful events.