

Healthy Minds & Aging

Presented by Dr. Gail Eskes, Brain
Repair Centre at Dalhousie University.

Making the Most of Your Memory

Not all of our memory abilities get worse with age! How memory changes as we get older and the latest scientific evidence on how to make memory stronger.

SPRING GARDEN

Friday September 6/12 p.m.

Sleep & Aging

Get a good night's sleep! What is going on in the brain while we sleep and how this activity changes with age.

SPRING GARDEN

Friday, October 11/12 p.m.

NB: The series continues in November.

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