

DALHOUSIE UNIVERSITY PRESENTS CAFE SCIENTIFIQUE

The importance of physical activity, diet and lifestyle to aging well is widely known. Research shows that mental health is crucial to longevity and is intimately entwined with physical health.

Please join our experts for an open and informal public discussion of factors that promote mental and emotional health.

Exploiting Your Cognitive Capital: Thinking Your Way to A Long and Happy Life

Wednesday, October 30, 2013

6:00 – 8:00pm

The Royal Bank Theatre,

QEII, Halifax Infirmary, 1796 Summer Street

Tom Kirkwood, Assoc. Dean for Ageing, Institute for Ageing and Health, Newcastle University, UK

Janya Freer, Geriatric Psychiatrist, Dalhousie University, Capital Health

Jesse Robson, Co-founder "Happily Ever Active"

David Whitehorn, Founding Director, Atlantic Contemplative Centre

Moderator: *Gail Eskes*, Neuropsychologist, Psychiatry, Dalhousie University

*For more information, contact Janet Bardon at
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