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Subject: White House Conference on Aging Webinar on Healthy Brains + Boston Regional Forum Webcast

June 8, 2015

White House Conference on Aging Webinar on Healthy Brains

As we age, a number of factors can affect our physical and mental well-being. It is well known that physical activity, falls prevention, and managing chronic diseases, for example, can help us maintain good physical health and function. But did you know that there are ways to help keep the brain in good health as well?

Find out the latest on national and state efforts to address these issues and what you can do to help keep your brain healthy in a webinar co-sponsored by the [White House Conference on Aging](#) (WHCOA) and the Alzheimer's Association on **Thursday, June 11, at 4:00 p.m. Eastern Time**. Please register [here](#).

Brain health is part of Healthy Aging, one of the four focus areas of the 2015 WHCOA. Healthy Aging examines what individuals can do to maximize their physical, mental, and social well-being to remain independent and active as they age. During this webinar, you will learn about brain health, as well as efforts to address cognitive decline and Alzheimer's in states and communities. You will hear from:

- **Nora Super**, Executive Director of the [White House Conference on Aging](#). Ms. Super will discuss the WHCOA healthy aging focus area and how brain health is an important aspect of it.
- Molly Wagster, PhD, Chief of the Behavioral & Systems Neuroscience Branch, Division of Neuroscience, [National Institute on Aging/NIH](#). Dr. Wagster will discuss cognitive aging, the latest research on possible ways to maintain function and ongoing areas of study.
- **Lynda Anderson, PhD**, Director of the [Healthy Aging Program at the Centers for Disease Control and Prevention \(CDC\)](#). Dr. Anderson will discuss CDC's Healthy Brain Initiative and how CDC is working to integrate and expand efforts to address Alzheimer's into the area of public health.
- **Jane Tilly, DrPH**, Subject Matter Expert for Brain Health and Dementia at the [Administration for Community Living \(ACL\)/Administration on Aging \(AOA\)](#). Dr. Tilly will review the ACL's Brain Health Resource, including how individuals can help protect their brain health as they age.
- **Matthew Baumgart**, Senior Director of Public Policy at the [Alzheimer's Association](#). Mr. Baumgart will provide background on Alzheimer's disease and an overview of federal and state government Alzheimer's disease plans.

We hope you can join this important WHCOA webinar on **Thursday, June 11 at 4:00 Eastern Time**. [Registration](#) is now open.

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WHCOA Boston Regional Forum Webcast Now Available

Recording of the live webcast from the Boston Regional Forum is now available on the WHCOA website. [Click here](#) to view the recording.

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