



2018 Series 2 Course E

Title	Introduction to Brain Health
Dates	Thursdays 7 June – 12 July 2018
Time	2.30 pm – 4 pm <i>(please note session times)</i>
Venue	Leith Bowling Club, 2 Duke Street, North Dunedin
Convenor	Barrie Peake Email: barrie.m.peake@gmail.com Phone: 453 3151 Mobile: 021 079 5054
Developer	Yoram Barak
Course fee	\$45

We all want to age successfully, whatever that might mean! Luckily over the last decade, there has been much research into this particular pursuit. This course, developed and presented by Yoram Barak, will cover different aspects of the brain and its effect on our minds. He will base the course on Dr George Vaillant's landmark article on successful ageing published in the American Journal of Psychiatry. He will go on to examine the literature on brain health in later life in order to highlight what it takes to age successfully.

All applications must be received by Thursday **10 May 2018**. You will receive a response to your application by Monday **21 May 2018**.

Please contact the U3A Administrator (admin@u3adunedin.org.nz) or the Secretary (info@u3adunedin.org.nz, 453 4721) with any queries.

Introduction to Brain Health

Associate Professor Yoram Barak is a Consultant Psychogeriatrician and member of the Department of Psychological Medicine, Dunedin School of Medicine. He trained in medicine and psychiatry at the Sackler School of Medicine, a collaboration between New York State, US and the University of Tel Aviv, Israel.

He is an Investigator for the University of Otago Brain Health Research Centre and his research interests cover prevention, assessment, and treatment of late-life psychiatric disorders. His book “Preventing Alzheimer's Disease: Personal Responsibility” has recently been published in the US.

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| 7 June | General overview |
| 14 June | Brain food (including reference to the Mind Diet and cookbook) |
| 21 June | The social brain – the impact of loneliness on brain health |
| 28 June | Brain engagement – the benefits of music and meditation |
| 5 July | Body-mind interactions: the interplay between physical health and brain health |
| 12 July | Finale – real world brain maintenance |