

2013 GUEST LECTURE SERIES

Physical activity and cognition across the lifespan

This lecture looks at the role of physical activity and exercise in preventing dementia and optimising cognitive function. It will present an overview of the evidence and current research in this field.

Presented by Professor Maria Fiatarone Singh

Date: Wednesday 8 May 2013

Time: 6pm – 7pm

Venue: Graduate School of Medicine,
Lecture Theatre, Building 28, University of Wollongong

This is a free event

Studies have consistently shown that people who are physically and mentally active during their lifetime, or even in late life, have a reduced risk of dementia and a reduced rate of cognitive decline. Just one bout of aerobic exercise can result in improved memory, attention and reaction time. Sustained improvements occur relatively consistently after aerobic training, resistance training or a combination of the two.

To register your attendance at the event go to
<http://dtsc.com.au/8may-2013-guest-lecture/>

For those unable to attend, the lecture will be streamed live.
Register for online viewing at <http://dtsc.com.au/8may-2013-guest-lecture/>

Registrations close:
Wednesday 8 May 12.30pm

Light refreshments will be served after the lecture

For more information contact:
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Professor Fiatarone Singh is a geriatrician and a Fellow of the Royal Australasian College of Physicians and the Gerontological Society of America. Her research, clinical and teaching career has focused on integrating medicine, exercise physiology and nutrition to improve health status and quality of life.