

BRAIN HEALTH ACROSS THE LIFESPAN: A Lifebrain, Silver Santé Study, and German Brain Council conference

Wednesday November 6, 2019 • Harnack House, Berlin, Germany

PROGRAMME

09.00 – 09.20

WELCOME BY ORGANISERS:

Welcome by Ulman Lindenberger (Max Planck Institute for Human Development & Max Planck UCL Centre for Computational Psychiatry and Ageing Research)

Welcome by Kristine Walhovd (University of Oslo, Lifebrain), Olga Klimecki (University of Geneva, Silver Santé Study), and Alfons Schnitzler (German Brain Council)

SESSION 1:

HOW TO PROMOTE BRAIN HEALTH ACROSS THE LIFESPAN?

SESSION CHAIR: Anders M. Fjell (Lifebrain)

09.20 – 09.50

KEYNOTE: Cognitive ageing: A lifespan perspective

[Ulman Lindenberger](#)

09.50 – 10.20

KEYNOTE: Promoting healthy brain ageing: What do we know and where are we going? Example from the large European project Silver Santé Study

[Cael Chételat](#), INSERM, University of Caen, Silver Santé Study

10.20 – 10.40

Discussion in plenum

10.40 – 11.00

Coffee break

SESSION 2:

RISK FACTORS AND BRAIN HEALTH

SESSION CHAIR: Sana Suri and Rogier Kievit (Lifebrain)

11.00 – 11.20

What will memory ageing look like for our grand children?

[Lars Nyberg](#), University of Umeå, Lifebrain

11.20 – 11.40

How and why our lifestyle shapes the brain in healthy ageing and disease?

[Gerd Kempermann](#), German Center for Neurodegenerative Disease, Dresden

11.40 – 12.00	Sticks and stones may break my bones, but can words hurt my brain? How our style of thinking may affect risk for dementia? Natalie Marchant , <i>University College of London, Silver Santé Study</i>
12.00 – 12.20	Depressive illness: difficult to recognize, but easy to treat Peter Falkai , <i>Ludwig-Maximilians-University Munich</i>
12.20 – 12.30	Discussion
12.30 – 13.30	Lunch
Session 3:	PREVENTION AND INTERVENTION STRATEGIES FOR BRAIN HEALTH SESSION CHAIR: Miranka Wirth (Silver Santé Study)
13.30 – 13.50	Does video gaming affect the brain? Simone Kühn , <i>Max Planck Institute for Human Development, Lifebrain/Department of Psychiatry and Psychotherapy, University Clinic, Hamburg-Eppendorf</i>
13.50 – 14.10	Episodic memory in pre-clinical Alzheimers`disease Emrah Düzel , <i>German Center for Neurodegenerative Diseases, Magdeburg</i>
14.10 – 14.30	Meditation-based interventions in the elderly Antoine Lutz , <i>INSERM, Lyon Neuroscience Research Center, Silver Santé Study</i>
14.30 – 14.50	Non-invasive brain stimulation for brain health in the elderly Agnes Flöel , <i>University Medicine Greifswald</i>
14.50 – 15.10	Discussion in plenum
15.10 – 15.30	Coffee break
Session 4:	PANEL: Brain health promotion across the lifespan SESSION CHAIR: Kristine Walhovd
15.30 – 15.40	Are people ready for personalized brain health? Isabelle Budin-Ljøsne , <i>Norwegian Institute of Public Health, Lifebrain</i>
15.40 – 15.50	Burden and challenges of brain disorders Alfons Schnitzler , <i>German Brain Council & University of Düsseldorf</i>
15.50 – 16.30	INVITED PANEL MEMBERS: Ulman Lindenberger, Gael Chételat, Gerd Kempermann, Miranka Wirth, Alfons Schnitzler, Peter Falkai
16.30	Adjourn

Anyone wishing to attend the conference must register via our [Eventbrite](#) page before 1st October 2019. A maximum of 180 places are available on a first come, first served basis.

Info: brainhealth2019@gmail.com



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