

The following lectures will be presented:

- 1. Tuesday, March 15, 2011**
"AGING AND MEMORY"
Speaker: Dr. Dolly Dastoor, PhD
- 2. Tuesday, March 22, 2011**
"Legal Issues for Brainy Boomers and Beyond"
Speaker: Kelly Woodford, Notary
- 3. Tuesday, March 30, 2011**
"Coping strategies for caregivers and family members of dementia patients"
Speaker: Dr. Loraine Mazzella, MD, FCCP (C)
- 4. Monday, April 18, 2011**
"How is Your Hearing?"
Speaker: André Sirois, Audiologist
Le Groupe Forget
- 5. Thursday, April 21, 2011**
"Your Smile Healthy for Life!"
Speaker: Dr. Michael Wiseman, DDS
- 6. Thursday, April 28, 2011**
"Eat Your Age! – Nutrition for Successful Aging"
Speaker: Amy Pronovost, P.Dt.

The Lecture Series is organized by

The McGill Centre for Studies in Aging

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Verdun, QC, H4H 1R3

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In collaboration with



**The East Island Network for
English Language Services**

and



**The Laurier Macdonald
Community Learning Centre**

**The McGill Centre for
Studies in Aging**

Presents

BRAINY Boomers
Lecture Series
2011



The education committee of the McGill Centre for Studies in Aging invites the general public to take part in a series of evening lectures on healthy aging.

The goal of the series is to suggest practical steps to improve and maintain brain health, as well as to promote healthy lifestyle choices amongst the most populous generation in history.



The lectures are presented at:

**Laurier Macdonald
Community Learning Centre
7355 Viau Boulevard
St-Léonard, Québec
H1S 3C2**

Lecture Format:

6:30 p.m. Check-in

7:00 p.m. Lecture

8:00 p.m. Question & Answer Period

8:45 p.m. End

Conferences will be offered in ENGLISH

FREE ADMISSION

***Target Audience: General public, parents
and community members***

Please confirm your attendance to a lecture by contacting:

**Silvana Aguzzi
Administrative Assistant
McGill Centre for Studies in Aging
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Email: silvana.aguzzi@mcgill.ca**

OR

**Gina Bergantino
Coordinator
Laurier Macdonald Community Learning Center
Tel (514) 374-6000
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OR

**Claudia Maiolo
Communications and Project Agent
East Island Network for English Language Services
Tel (514) 955-8370, extension 2217
Email: claudiam@scciq.com**

***Please do not forget to complete the
evaluation and remit to one of the
coordinators!***