



2018 Brain Awareness Week programme
Tuesday 6 March – Sunday 11 March
Dunedin

Tuesday 6th March

- **Alumni, Books and Conversation with Otago Lecturers** – Prof David Bilkey will be talking about “Musicophilia” by eminent neuroscientist Oliver Sacks.
You don’t need to have read the book – just come and listen about a fascinating topic from an expert in the field. Seating limited, RSVP to events@unibooks.co.nz 6.30pm for 7pm start, (University BookShop, 378 Great King St)

Wednesday 7th March

- **Successful Aging: Lessons learnt from LiLACS NZ,**
Prof Ngaire Kerse, 11am (Community House, 301 Moray Place, Dunedin)
Ngaire will discuss what she has learnt from the past seven years of studying nearly 1000 Kiwis over the age of 80 as they grow older.
- **Working with People with Mild Cognitive Impairment: The Ronnie Gardner Method workshop**
Prof Ngaire Kerse, 1pm – 3pm, (Age Concern, 26 Bath St, Dunedin)
The workshop is aimed at those with MCI and their families and carers. This will involve movement so make sure you are wearing loose clothing and sensible shoes. Booking essential: contact Jane Reynolds 479-4066 or bhrc@otago.ac.nz
- **Living to 100 (with All your Marbles)**
Dr Liana Machado, Prof Cliff Abraham, Prof Ngaire Kerse, moderated by Associate Prof Christine Jasoni, 5.30pm, (Hutton Theatre, Otago Museum)
We’re now living longer than ever before, but as medicine keeps our bodies healthy for longer, can we do the same for our minds? In this panel discussion our experts will share what they have learned about the ageing brain, and what we can all do to live to 100 with our marbles intact!

Thursday 8th March

- The Brain Health Research Centre’s giant Inflatable Brain and community brain health agencies will in the Upper Octagon from 11am – 2pm.
- **Brain Tools from the Future: Genes, Machines and Viruses**
Prof Allan Herbison, Prof John Reynolds, and Dr Louise Parr-Brownlie, moderated by Associate Prof Christine Jasoni, 5.30pm, (Hutton Theatre, Otago Museum)
In this panel discussion our group of experts will explain and discuss the futuristic seeming technologies that are now becoming available to scientists. Our researchers will cover revolutionary new tools for brain research and treatment, including: CRISPR, neuro-modulation, brain implants, and optogenetics. Join us as we investigate this futuristic reality!

Friday 9th March

- **Brain 101: A Users Guide** – Dr Blake Porter, 1.30pm (*Community House, 301 Moray Place*)
There’s a lot going on inside your head: it’s messy, it’s complicated, and it’s honestly a little

gross to look at. Dr Blake Porter has you covered with this users guide, so come along and get the most out of your brain with this quick and easy Brain 101!

Saturday 10th March – Brain Day “**Your Brain: The Secrets that Matter**”

Brain Day at the Museum with the Neurological Foundation of New Zealand and the Brain Health Research Centre, University of Otago, held in the Hutton Theatre, Otago Museum

- **10-11am - Parkinson’s Disease and the Chamber of Secrets**
Dr Louise Parr-Brownlie
- **11am-12pm - Movement Matters, for your Brain and your Body**
Professor Ruth Empson
- **1-2pm - An Anatomical Head: its impact on trauma research**
Professor Darryl Tong
- **2-3pm - Concussion in Sport**
Professor John Sullivan

Meanwhile in the Atrium:

- **All Day** - If you’re between talks, have some questions, or just want to learn more about the brain, come up to the atrium during Brain Day. The Brain Health Research Centre’s giant inflatable brain will be on display, with exhibits from the University of Otago’s Anatomy Museum, activities on Science Discovery ipads, human/computer interfaces, and furry neurons you can make yourself! It’s fun for the whole family and a great way to learn more about what exactly is going on inside your head.
- **11am, 12pm, 1pm, 2pm**
Supersize Your Brain - How to Get better at Anything
Dr Owen Jones (*Barclay Theatre*)

Sunday 11th March

“The Importance of Social Engagement in Ageing”

(all activities in the Hutton Theatre, Otago Museum, sponsored by Brain Health Research Centre, Brain Research New Zealand and Otago Museum)

- **12pm** - free light lunch courtesy of Collaboration of Ageing Research Excellence (CARE)
- **1pm** - A screening of the movie “*Mrs Palfrey at the Claremont*”, after which there will be a discussion of the themes arising from the movie led by CARE director Associate Prof Debra Waters and psychogeriatrician Associate Prof Yoram Barak (Dunedin School of Medicine)
- **3.30pm** - “*How to optimise Brain Health*” Prof Ted Ruffman (Dept of Psychology)
Healthy aging is associated with some decline in cognition and social understanding. Such changes are linked to naturally occurring changes in the brain involving reductions in brain volume or neurotransmitters. Yet, at the same time, research has shown that there are ways to offset or reduce such declines.
- **4.30pm - 5pm** - Entertainment from “Dunedin 60+ Club” Entertainers Group

Any enquiries please call Brain Health Research Centre administrative assistant Jane Reynolds 9.30am -2pm week days on 479-4066, email bhrc@otago.ac.nz.

More details of all events can be found on Brain Health Research Centre’s Facebook page or website. www.otago.ac.nz/bhrc

