



## **Staying sharp – looking after our thinking skills as we age**

### **Join us to meet researchers and hear the latest evidence**

#### **What is this about?**

At Age UK and the University of York, we share interests in older people's health. We know that looking after our physical health is important to ageing well. But it's becoming increasingly clear from evidence from research that we can look after our thinking skills and brain health too.

In July 2017, we will have leading researchers on this topic here with us in York from the UK and the USA. We are taking this opportunity to invite local people aged 60+ to come and meet them, hear about the latest evidence on how and why our thinking skills change as we age, and discuss how we can help ourselves stay sharp in later life.

#### **Interested? Join us....**

Join us on Friday 30 June from 12.00noon to 3.00pm at Bedern Hall, Bartle Garth, St Andrewgate, York, YO1 7AL. The programme is:

- 12.00 Light lunch
- 1.00 Introduction - Staying Sharp by Libby Archer of Age UK
- 1.15 "Speed science" format – meet the researchers. You'll sit in a small group of delegates. Your group will be joined by one of the researchers. S/he will introduce his/her research, followed by the chance for you and your group to ask questions and discuss the findings. After 15 minutes, the researcher will move to the next group and you'll be joined by another researcher, and so on.
- 2.40 Reflections – group discussion on what we heard and learned.
- 3.00 Close

#### **Please book your place, or ask for more information**

No specific knowledge or qualifications are needed to take part. The event is free but places are limited and available on a first-come-first-served basis. Transport can be arranged and reasonable travel expenses will be reimbursed. To book your place or ask for more information, contact Fiona McNab at the University by Friday 16 June. Call 01904 322874 (this line has voicemail), or email [fiona.mcnab@york.ac.uk](mailto:fiona.mcnab@york.ac.uk)

#### **The researchers – who they are**

Assistant Professor Joaquin Anguera	University of California, San Francisco
Assistant Professor Alan Gow	Heriot-Watt University, Edinburgh
Professor Arthur Kramer	University of Illinois at Urbana-Champaign
Dr Fiona McNab	University of York
Professor Patrick Rabbitt	University of Oxford

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