

MIND MATTERS

HOW CAN YOU KEEP YOUR
BRAIN FIT AND HEALTHY?



THURSDAY 22 MARCH 2018



**How does stress
impact your brain?**



**How can you build
emotional resilience?**



**How can you keep
your brain healthy?**

Find out the answers at the Mind Matters Forum which will explore the brain's design and capabilities: its power, flexibility and potential.

The panel of experts will explain the impact of stress on brain function, how the brain responds to addiction, and how to promote emotional resilience to adversity. Plus offer practical tips to keep your brain fit and healthy.

SPEAKERS

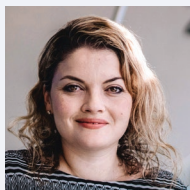


Dr Rose Chesworth

Post Doctoral Research Fellow
School of Medicine
Western Sydney University

Dr Asheeta Prasad

Australian Research Council Discovery
Early Career Researcher
School of Psychology
University of New South Wales

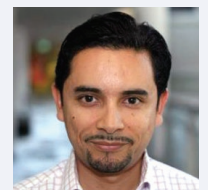


Dr Justine Gatt

Group Leader and
Senior Research Scientist
Gatt Resilience Group
Neuroscience Research Australia

Professor Michael Valenzuela

Professor of Regenerative Neuroscience
Leader, Regenerative Neuroscience Group,
Brain & Mind Centre
University of Sydney



Opening Remarks: **Julia Kiss, Garvan Research Foundation**

Forum Moderator: **Sana Qadar, SBS Television**

DATE

THURSDAY 22 MARCH 2018

DRINKS & NETWORKING: 5.30PM
PANEL DISCUSSION: 6.15-7.30PM

VENUE

WESTPAC PLACE CONFERENCE CENTRE
LEVEL 22
275 KENT STREET, SYDNEY

TICKETS

\$20.00

Purchase at
www.pathfindersgroup.com.au

Please purchase tickets in advance at www.pathfindersgroup.com.au
Forum proceeds will be donated to the Garvan Institute of Medical Research.