

INVITATION

SEMINAR 2020

RESEARCH AND INNOVATION



NICM Health Research Institute presents Dr Ashleigh Smith, Senior Research Fellow; Steering Committee Member for the Alliance for Research in Exercise, Nutrition and Activity Research Group at the University of South Australia; and Chief Investigating Officer on a Boosting Dementia Priority Grant.

Join our guest seminar speaker, [Dr Ashleigh Smith](#), as she discusses brain health and dementia prevention based on what we know about the right mix of sleep, physical activity and sedentary behaviour. Dr Smith is an emerging research leader whose research is positioned at the nexus of neuroscience, exercise physiology and cognitive ageing. She has held consecutive research fellowships since 2013 and is the recipient of more than \$3 million in competitive research grants and leads a national interdisciplinary team.

Overview

The number of people living with dementia in Australia is expected to increase from 459,000 people to over 1 million by 2058. Despite these projections there is a lack of effective medical interventions that prevent, treat or slow dementia. In the absence of this, the current best strategy is to reduce an individual's risk through modifying their dementia risk factors. Up to 30 per cent of late life dementia may be attributable to modifiable lifestyle risk factors such as poor diet, physical inactivity, smoking and diabetes to name a few. Dr Smith's presentation '*Building your best day for dementia prevention*' will explore this and more, so come along for an interesting discussion and light lunch.

DATE	Monday 17 February 2020
TIME	12pm to 1pm
VENUE	NICM Health Research Institute Ground Floor, 158-160 Hawkesbury Road Western Sydney University - Westmead Campus
COST	Free and open to all, light lunch served
RSVP	Register at nicm.edu.au/news/events by Friday 14 February 2019