

OBI PUBLIC TALKS

Bring Learning to Life



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The Wellness Series: Find Meaning in Movement

We often think of physical activity contributing only to physical fitness – but there is strong evidence to support that movement benefits, protects, and sustains our cognitive fitness as well. Movement in all forms has profound impacts on our brains across our lifespan, from improving mental health to reducing risk of dementia, and more.

Join our panel of advocates, community leaders, and researchers to discover how only a few moments of movement each day is an investment to promote brain health for years to come.

SPEAKERS:



Sarah Robichaud, Executive Director and Founder of Dancing With Parkinson's. As a professional dancer, she has performed and choreographed projects for over 20 years. Sarah was the recipient of the Community Hero Award by the Toronto Raptors for her efforts to keep seniors active and engaged during the pandemic.



Dr. Laura Middleton, Associate Professor at the University of Waterloo's Department of Kinesiology. Her research investigates the role of a healthy lifestyle in the prevention of dementia and improving well-being among people living with dementia, with a focus on physical activity.



Dr. P. David Howe, Medical Anthropologist and the Dr. Frank J. Hayden Endowed Chair in Sport and Social Impact at Western University's School of Kinesiology. His research focuses on the sociocultural factors that include physical activity, disability sport and to empower marginalized populations through movement.



Dr. Patrick Jachyra, A post-doctoral fellow at the Azrieli Adult Neurodevelopmental Centre, CAMH, examining the interconnections between mental health and physical activity among individuals diagnosed with developmental disorders. He is also the founder of a community recreation program for youth with developmental disorders called the Extraordinary Youth Council.

MODERATOR:



Wency Leung, Health Reporter at The Globe and Mail

Date – Wednesday, May 26, 2021

Time – 6:00 – 7:00 PM EST

[Register here](#)

