

BRAIN POWER FOR LIFE:

Protecting Memory, Mood and Thinking As We Age



Agenda:

10:00 am – 10:15 am **Opening Remarks & Land Acknowledgement**

UNDERSTANDING THE BRAIN: What It Does, Early Signs of Changes, and Why It Matters

10:15 am – 10:45 am **Dr. Olumide Adegunna and Dr. Joyce Okorafor**

Join featured speakers to learn how your brain supports memory, mood, and decision-making and how to recognize early signs of change before they become serious concerns.

WHEN BRAIN CHANGES: Understanding Dementia, Stroke, Mood, and Aging

10:50 am – 12:00 pm **Dr. Olumide Adegunna,**
4th Year Neurology Resident

Dr. Joyce Okorafor,
Geriatric Psychiatrist

12:00 pm – 12:30 pm Lunch break

KEEPING YOUR MIND STRONG: Evidence-Based Lifestyle Choices That Support Brain Health

12:30 pm to 1:20 pm **Ngozi Iroanyah,**
Director Health Equity and Access, Alzheimer Society of Ontario

Asma Musa,
Registered Dietitian

Continue the conversation through a moderated Q&A session with our specialists.

BEFORE HEALTH CHANGES:

Navigating Legal, Financial and Emotional Planning for Aging and Caregiving

1:20 pm – 2:20 pm **Jean Adeyemo,**
Lawyer

Loretta Karikari,
Social Worker, Psychotherapist

Olui Muilli ,
Caregiver

2:20 pm - 2:30 pm Closing Remarks