

# World Brain Day Virtual Celebration



BC  
Brain  
Wellness  
Program

**JULY 22 / 10 AM - 12PM**

**REGISTER AT: [www.bcbrianwellness.ca/world-brain-day-2020](http://www.bcbrianwellness.ca/world-brain-day-2020)**

This event will be moderated by **Larry Gifford**.

## **OPENING**

Cello by Jennifer Lim

## **10AM WELCOME**

Dr. Lynn Raymond, Director, Djavad Mowafaghian Centre for Brain Health  
Wendy Yip, University Ambassador

## **10:10 AM THE IMPACT OF WELLNESS ACTIVITIES ON THE BRAIN**

Dr. Silke Cresswell, Neurologist

## **10:30 AM MINDFULNESS, interactive session**

Dr. Colette Smart, Associate Professor, University of Victoria

## **5 minute intermission with cello by Jennifer Lim**

## **10:55 AM ASK THE EXPERT**

Dr. Martin McKeown, Neurologist  
Dr. Tony Traboulsee, Neurologist  
Dr. Haakon Nygaard, Neurologist  
Dr. Andrew Howard, Neuropsychiatrist

## **11:15 AM DANCE, interactive session**

Megan Walker-Straight, Contemporary Dance Teacher

## **11:35 AM TIM HAGUE Sr.**

Motivational Speaker

## **CLOSING REMARKS & LAUNCH OF THE SUMMER BRAIN WELLNESS CHALLENGE!**



Djavad Mowafaghian  
CENTRE FOR BRAIN HEALTH



BC  
Brain  
Wellness  
Program