Risk and Resilience to Alzheimer’s Disease in African Americans (2022)

THURSDAY, JUNE 23rd

12:00-12:30pm:  Registration
12:30-1:45pm:  Buffet Lunch and Informal Socializing
1:45-2:00pm:  Introductory and Welcoming Comments

2:00-3:00pm:  Session #1. Genetics and Biomarkers

3:00-3:30pm:  Chocolate and Optional Mid-Afternoon Brief Cardio-Dance Fitness Break

3:30-4:30pm:  Session #2. Physical Fitness and Brain Health
   3. Robert Newton, (Pennington Biomedical Research Center, LA), “The effective of a physical activity promotion program on cognitive function in older African American adults.”
   4. Mark Gluck (Rutgers University-Newark, NJ), “Interactions between physical fitness and genetics on behavioral and biological markers of Alzheimer’s risk in older African Americans.”

4:45-5:45pm:  Reception & Poster Session, with Community Research Participants
5:45-6:00pm:  Gospel Choir Concert
6:15-7:30pm:  Buffet Dinner with Community Research Participants

FRIDAY, JUNE 24th

7:00-8:15am:  Optional Pre-Breakfast Workout at the Golden Dome Athletic Center
8:30-9:30am:  Brain-Healthy Mediterranean-Style Buffet Breakfast

9:30-10:30am:  Session #3. Epidemiology
   6. Carey Gleason (Wisconsin Alzheimer’s Disease Research Center, University of Wisconsin, WI), “Incident dementia in non-Hispanic African Americans and whites with mild cognitive impairment.”

10:30-11:00am:  Coffee and Optional Guided Standing Yoga and Mindfulness

11:00-12noon:  Session #4. Prevention and Resilience

12:00pm-1:00pm:  Final Luncheon

1:15pm-2:45pm:  Session #5. Panel and Discussion: Future Directions and Funding Priorities

General & Panel Discussion:  Challenges, Unanswered Questions, and Promising Future Directions.

2:45-3:00pm:  Grand Finale
3:00-4:00pm:  Post-Conference Schmooze and Coffee Klatch