

Shared Learning Liberman Lecture

Friday, March 22, 11:15 am

Pump Your Brain Up

Professor Heather A. Boger, Department of Neuroscience, Medical University of South Carolina

Free and Open to the Public by Zoom

Dr. Boger's interest in aging and neurodegeneration began when her grandfather, Paul D. Boger, Sr., was diagnosed with the early stages of Parkinson's disease in 1995. His struggle and strong will to survive has been Heather's inspiration to understand this disease and find answers that will help not only individuals suffering from Parkinson's disease but as well their families. Professor Boger has over 40 publications and has received multiple grants related to aging and neurodegeneration, specifically movement disorders. She is currently Director of the College of Medicine Senior Mentor Program at the Medical University of South Carolina.

Professor Boger's lecture will educate us about the wonders of the brain, including normal changes with age. In addition, she will discuss modifiable vs. non-modifiable risk factors that can influence the rate at which the brain can decline. She will also indicate ways in which we can pump our brains up and help reduce the risk of decline, such as with exercise and healthy eating.

Registration is required for Shared Learning members as well as the general public. To register, click on [this link](#). Alternatively, visit <https://sharedlearning.us> for registration and more information. Early registration is encouraged.

The Zoom link will be provided to registrants closer to the lecture date. Admission to the event will be limited to the first 100 participants who sign into the Zoom meeting on March 22, so arrive early. A recording will subsequently be made available via the Shared Learning website.