You are invited to attend the first annual symposium of the McGill Research Centre for Physical Activity & Health:

Making Connections



PHYSICAL ACTIVITY + HEALTH

McGill Faculty Club 3450 McTavish St.

2014

The newly created McGill Research Centre for Physical Activity & Health serves as a focal point for researchers with an interest in promoting health through physical activity. To set the wheels in motion we have organized our first annual symposium entitled: "Making Connections". Speakers include active members and collaborators in our research centre, along with others with whom we hope to generate new linkages. We invite you and your trainees to come and learn about our research and join us in discovering the PATH to better health.

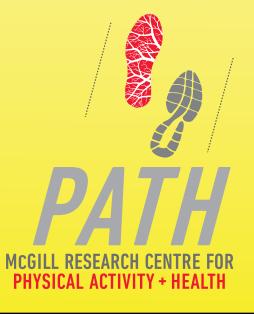
To register, please send an email with your name, department/institution, and contact information to:



Making Connections

Friday October 3 2014

8:00 am	Coffee
8:20 am	Welcome remarks
	Dr. Dilson Rassier, Dean of Education
8:30	Overview of research center and purpose of 1 day symposium
	Dr. Russ Hepple, Director of McGill Research Centre for Physical Activity & Health
9:00	Behavioral approaches to exercise adherence
	Dr. Lindsay Duncan, Dept of Kinesiology, McGill University
9:30	Coffee
10:00	Preliminary results from the McGill CHIP healthy weight program
	Dr. Baerbel Knauper, Dept of Psychology, McGill University
10:30	Mechanisms of dyspnea in COPD: Implications for exercise tolerance,
	prescription and training
	Dr. Dennis Jensen, Department of Kinesiology, McGill University
11:00	Exercise rehabilitation in COPD
	Dr. Jean Bourbeau, Respiratory Epidemiology and Clinical Research Unit, McGill Univers
11:30	A translational model of exercise prescription
	Drs. Steven Grover and Ilka Lowensteyn, CHIP Program, McGill University
12:00 pm	Lunch
1:15	The role of research centres in promoting the research culture at McGill University
	Dr. Sarah Stroud, Associate Vice-Principal, Research and International Relations, McGill
	University
1:30	Voluntary running activity attenuates chronic pain in mice: peripheral
	and central mechanisms
	Dr. Laura Stone, Faculty of Dentistry, McGill University
2:00	The octogenarian athlete as a model of optimal aging
	Drs. Tanja Taivassalo & Russ Hepple, Dept of Kinesiology and Dept of Medicine,
	McGill University
2:30	The Aging brain and exercise



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2:30	The Aging brain and exercise
	Dr. Louis Bherer, Director of Concordia University's PERFORM Centre
	de gériatrie de Montréal
3:00	Coffee
3:30	Exercise and the aging brain
	Dr. Jens Pruessner, Director of McGill Centre for Studies in Aging
4:00	Training of motor pathways for the aging brain
	Dr. Caroline Paquette, Dept of Kinesiology, McGill University
4.20	Clasing remarks and eneming of wine and change mixer (4:20 6:20

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path@mcgill.ca