

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

# Making Connections

Friday October 3  
2014

McGill Faculty Club  
3450 McTavish St.



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:

 [\*\*path@mcgill.ca\*\*](mailto:path@mcgill.ca)

# Making Connections

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- 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 University
- 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**  
Dr. Louis Bherer, Director of Concordia University's PERFORM Centre, Institut universitaire 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
- 4:30 **Closing remarks and opening of wine and cheese mixer (4:30-6:30 pm)**



**PATH**  
MCGILL RESEARCH CENTRE FOR  
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