



# **BRAIN HEALTH ACROSS THE LIFESPAN: A Lifebrain, Silver Santé Study, and German Brain Council conference**

Wednesday November 6, 2019 • Harnack House, Berlin, Germany

## *Media release*

22 May 2019

# **Interested in brain health? Hear from leading European experts at Berlin public conference**

**Public, patient groups, NGOs and health professionals invited to attend**

Memory loss, healthy lifestyles, video gaming, and how we think are just a few of the fascinating topics to be discussed by some of Europe's leading brain health experts at a public conference in November.

Researchers, patient groups, professional societies, NGOs and patients with an interest in brain health across Europe are invited to attend the "*Brain health across the lifespan*" conference, which will take place at Harnack House in Berlin on Wednesday 6<sup>th</sup> November.

Jointly organised by the EU-funded Silver Santé Study and Lifebrain projects as well as the German Brain Council (GBC), the event will address questions like: What promotes healthy brain-ageing? How can the way we think affect our risk of dementia? Can lifestyle factors impact our brain health and does video gaming affect the brain?

Silver Santé Study Project Coordinator and keynote speaker at the conference, Dr Gaël Chételat, said: "*As an EU-funded project, we are delighted to have this opportunity to share our work directly with individuals and organisations with an interest in brain health and we would urge anyone interested in this field to attend the conference and join the discussions.*"

Lifebrain Project coordinator, Kristine B. Walhovd, said: "*Lifebrain is not only about providing the evidence-base for prevention and intervention in the field of brain health. We also aim to engage actively patient organisations, policy makers, clinical and research centers in our activities.*"



The Silver Santé Study (Medit-Ageing) and Lifebrain have received funding from the European Union's Horizon 2020 research and innovation programme under grant agreements number 667696 and 732592 respectively.



Silver Santé Study  
The Medit-Ageing Project



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*“This conference provides a good opportunity not only to share our latest results and research dilemmas, but also to initiate discussions with our stakeholders and the public”.*

German Brain Council President, Prof. dr. med. Alfons Schnitzler, said: *“Promoting brain health across the life span is at the core of GBC’s mission and poses major challenges given the high individual and growing societal burden of brain disorders in our ageing society”.*

Experts from the Silver Santé Study, Lifebrain and the German Brain Council will discuss the latest experimental approaches and evidence from these two major European research consortia regarding the impact of socioeconomic factors, physical activity, nutrition, and mental training on cognitive function, mental health, and well-being throughout life.

These results will also be explored in light of prevention and intervention strategies for brain disorders. The conference will gather European speakers from different research areas including psychology, neurology, neuroimaging, psychiatry, genetics, epidemiology, molecular biology, and medicine. [Click here](#) to download the full conference programme.

Lifebrain (coordinated by the University of Oslo, Norway - [www.lifebrain.uio.no](http://www.lifebrain.uio.no)) is focused on environmental, social, occupational, and lifestyle factors influencing brain health in a personalised way. Lifebrain includes 13 partners integrating data from 6000 European research participants collected in 11 European brain-imaging studies from 7 countries.

The Silver Santé Study (Medit-Ageing Project, led by INSERM, France - [www.silversantestudy.eu](http://www.silversantestudy.eu)) is focused on the effects of mental training techniques, such as meditation and language-learning, on mental health and well-being in the ageing population. This 5-year project has 11 partners in 6 countries.

The German Brain Council (GBC - [www.braincouncil.de](http://www.braincouncil.de)) is a non-profit umbrella organisation promoting science and research dealing with diseases of the human nervous system. GBC brings together the latest knowledge on the human nervous system and gives advice on social, political and scientific questions, both on a German and a European level. GBC gathers scientific associations, patient organisations and other non-profit organisations.

The conference is free of charge. Anyone wishing to attend must register via [Eventbrite](#) before 1st October 2019. A maximum of 180 places are available on a first come, first served basis.

**Ends – Media contact details and Notes to editors follow.**



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**Media** – for further information, to attend the conference or to arrange interviews please contact:

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- **German Brain Council:** Prof. Dr. med Alfons Schnitzler at [info@braincouncil.de](mailto:info@braincouncil.de)

## **Note to Editors**

1. The Silver Santé Study is the public name of the Medit-Ageing Project. The project receives €7 million funding and runs for 5 years from Jan 2016-2020. The project's consortium partners are: INSERM, University of Cologne, University of Liege, University of Geneva, University College London, University of Exeter, Hospices Civils de Lyon, IDIBAPS, European Clinical Research Infrastructures Network, INSERM Transfert SA & Minerva Health & Care Communications UK Ltd;
2. The call under which Medit-Ageing and Lifebrain have been successfully funded is H2020-PHC-22: Promoting mental well-being in the ageing population



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