



CHeBA Website Gets a Refresh

We are pleased to announce the launch of CHeBA's fresh new look! Our goal is to create a more user-friendly browsing experience for our trusted and valued CHeBA community.

www.cheba.unsw.edu.au

Josh Woolfson Memorial Scholarship

Dr Matt Paradise is the 2018 recipient of the Josh Woolfson Memorial Scholarship. Dr Paradise is researching the quantification of vascular burden in the brain with the hope of determining ways to control vascular risk factors and ultimately prevent dementia.

Pictured: Dr Paradise with Mrs Liz Woolfson.



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Art Exhibition Supports CHeBA

Proceeds from the sale of a rich body of artwork by Sydney-based painter Naomi Lewis have been donated to research at UNSW Sydney's Centre for Healthy Brain Ageing (CHeBA). *Pictured: Daughter of Naomi Lewis, Michelle McEwing with Professor Henry Brodaty AO.*

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MasoniCare & Lodge Harold Herman Unity Support CHeBA

The Worshipful Master from Lodge Harold Herman Unity, Very Worshipful Brother Mark Arenson, presented a \$4,000 cheque to Ms Angie Russell, CHeBA's Centre Manager, on 26 September 2018 at the Laurelbank Masonic Centre in Willoughby.



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Ita Buttrose AO OBE Awarded UNSW Sydney Doctorate

Congratulations to Australian media icon and CHeBA's Maintain Your Brain study patron, Ita Buttrose AO OBE, for being awarded a Doctor of Letters honoris causa from UNSW Sydney. *Pictured with UNSW Chancellor David Gonski AC*

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Donating to the Brain Bank

Scientists, including CHeBA researchers, who study the tissue bequeathed to the Sydney Brain Bank housed at NeuRA hope it will lead them to an eventual cure for neurodegenerative diseases. *For more information on brain donation contact CHeBA's Research Manager [Dr Kristan Kang](#).*



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Not to Be Missed - Fit For Your Life Workshop

The University of Sydney Faculty of Health Sciences presents 'Fit For Your Life - Prescribing Evidence-Based Exercise as Medicine in Older Adults: a Workshop for Physicians and Allied Healthcare Professionals' on Mon 10th and Tues 11th December 2018, 9-5pm.

[REGISTER HERE](#)

Amazing Race for CHeBA

Congratulations and enormous thanks to Ashleigh Brown and her team of friends for organising an Amazing Race local fundraiser at Shellharbour North Beach. The Race itself was hosted by Kieran Sernig and his trainers and generated more than \$1,000 for CHeBA's research. Teams had to find clues between locations around Shellharbour village all in the name of dementia research. Amazing effort!



The Australian & New Zealand Society for Geriatric Medicine Annual Scientific Meeting 2019

The conference theme "Geriatric Medicine – Best care to the end" will focus on evidence and innovation in the care of older adults and in end of life care. The program will also feature updates in cardiovascular and neurological diseases in older patients. The 2019 meeting will be from 13th - 15th May 2019 at the Adelaide Convention Centre.

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Physical Activity Guidelines for Health and Prosperity in the US

It is estimated that in the United States, nearly \$117 billion in annual health care costs and 10% of all premature mortality are associated with failure to meet the levels of recommended aerobic physical activity. Guidelines for physical activity for health and prosperity have been published in *JAMA*.



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Season's Greetings

On behalf of everyone at CHeBA we would like to wish you a joyous and relaxing festive season. Remember to take care of your brain health during the holiday season by keeping physically active, drinking in moderation and engaging in complex mental activity and social interaction! Happy Holidays!



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