



Centenarian Population Boom

Recent research has identified centenarians as the fastest growing age group in the world. In an article published by the Sydney Morning Herald, CHeBA's Co-Director Professor Perminder Sachdev and other experts discuss the determinants for living longer in good health, and joining the expanding 'Century Club'.

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Successful Ageing: Reaching 100

In an interview with 2UE, CHeBA's Co-Director Professor Perminder Sachdev discusses the growing number of centenarians and how we can reach a ripe old age and still be in good health.

Full audio available [here](#).

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Upcoming Event: Clinical Neuropsychiatry in the 21st Century

In March, CHeBA's two day Neuropsychiatry Training Weekend will cover topics to prepare you for neuropsychiatric medicine in the 21st century. Don't miss this event with an expert line up of speakers.

Seats Limited. Register [Now](#).

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Annual Healthy Ageing Forum

Positive ageing continues to be a hot topic and 500 enthusiastic seniors registered for the Aged Care Psychiatry Service 'Kick Start Healthy Ageing' public forum held in November.

The focus of the annual forum is to provide strategies for maintaining good health - particularly brain health - into late life.

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Join Wipeout Dementia in 2017

The 5th round of Wipeout Dementia will be held on 27 May at Queenscliff. Participants will complete 4 weeks of strength and conditioning training in the lead up to the Surf Off contest, while raising funds for The Dementia Momentum. This important event would not be possible without the generous support of sponsors and surfers and in-kind support from QSLSC and Hurley.

Registrations are now open! To participate in this event or become a sponsor, please email Melissa.Chungue.

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