



Healthy Brains. Positive Ageing



Launch of Wipeout Dementia November 2015

On Saturday, 7 November our second round of Wipeout Dementia participants kicked off their four weeks of gruelling strength and conditioning in the lead up to the Surf Off contest run by Surfing NSW on 28 November. This corporate group of surfers have already raised close to \$50,000 for The Dementia Momentum initiative! Thanks to major sponsor Flight Centre and additional sponsors realestate.com.au, Colliers International and ProGood.

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ARIA Restaurant Sydney hosts The Dementia Momentum

At a time when Alzheimer's disease and other dementias have reached epidemic proportions, some of Sydney's leading business professionals came together at a lunch generously hosted by ARIA Restaurant Sydney on Friday, 6 November to support The Dementia Momentum initiative at CHeBA.

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NICM Symposium - 1 December 2015

CHeBA Co-Directors Professor Henry Brodaty and Professor Perminder Sachdev are presenting at the NICM symposium: Integrative medicine for neurocognition and dementia on 1 December 2015.

Registration is \$135 (standard), \$99 (ASP member) or \$55 (student).

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It was a packed house at the Aged Care Psychiatry Service Humour & Happiness for Healthy Ageing forum on Wednesday at The Juniors, with sensational talks from ABC Health Reporter Sophie Scott, CHeBA's Co-Director Professor Henry Brodaty, Founder of the Arts Health Institute Jean Paul Bell and A/Prof Lee-Fay Low from the University of Sydney. Thanks to Genworth Australia and other supporters for sponsoring this event. Copies of talks will be available online soon.



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Running Hero of the Month: Rob Kift

Rob Kift, Friend of The Dementia Momentum and Team CHeBA's highest fundraiser for the 2015 City 2 Surf, was recently profiled as Running Heroes' Hero of the Month. Read about Rob's running journey - including battling his nemesis 'Heartbreak Hill' - and why he is passionate about supporting dementia research.

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Introducing Lara Molle: Our Youngest Champion Yet!

The CHeBA Champions are CHeBA's fitness ambassadors - all promoting positive ageing and championing a healthy lifestyle from a young age for better brain health in late life. CHeBA welcomes our newest recruit Lara Molle. At just 18, Lara is our youngest Fitness Ambassador and is enthusiastic about healthy brain ageing. As well as volunteering as a neuroscience work experience student at CHeBA, Lara also ran for Team CHeBA in the 2015 City 2 Surf.

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