

# Brain Ageing and Longevity Medicine

**WHEN** Tuesday, June 11th 2024  
7:00 PM – 8:30 PM

**WHERE** Online

**COST** Free

In this webinar Dr Sam Manger will explore longevity medicine and healthy ageing and the evidence for lifestyle and social interventions in longevity. This will include nutrition, physical activity, mind-body approaches, cognitive training, sleep, social connection, social prescribing, green spaces, substances, medical conditions, sense optimisation (hearing and vision), and perception of ageing.



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