

HEALTHY AGING: MAINTAINING AND MAXIMIZING BRAIN HEALTH AND WELLBEING

Join us for a discussion on healthy aging lead by **Stacey Schaefer**, a cognitive-affective neuroscientist at the University of Wisconsin Madison's Center for Healthy Minds.

THURSDAY, JANUARY 27, 10AM // VIRTUAL



Stacey Schaefer's research focuses on identifying how different emotional styles influence health, wellbeing, and brain aging, as well as the factors that moderate those relationships. Schaefer examines how emotion may contribute to the development of Alzheimer's Disease, as well as how individual differences in the time course of emotional responses are important for mental health,

stress regulation, cognition, the immune system, and coping with the impacts of the COVID-19 pandemic. In her talk, she will share findings from these and other studies highlighting the factors that promote healthy aging with a focus on emotion and its impacts on brain health.

**To Register contact Diane at: (608) 222-3415
or DMikelbank@ci.monona.wi.us**



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