

CENTER FOR GERONTOLOGY 35TH ANNIVERSARY CELEBRATION

APRIL 10, 2013

12:15-1:30 pm

Latham Ballroom, The Inn

Keynote Speaker:

Dr. Elizabeth Stine-Morrow

**University of Illinois at
Urbana-Champaign**



Use It or Lose It: Engagement as a Pathway to Cognitive Health

Co-sponsored by:



& Women and Minority Artists
and Scholars Lecture Series
(WMASLS)

With the rapid increase in the population of middle-aged and older adults, there is much interest in both the scientific community and popular press about practical solutions to maintaining cognitive health through adulthood. The question considered in this presentation is whether engagement, defined as the investment of personal resources over time in activities and experience, is beneficial for lifelong cognitive health.