

## Howard County Local Health Improvement Coalition

Exercise and Aging: Evidence-Based Approaches

March 28, 2018

2:00 p.m. – 4:00 p.m.

Barton Conference Room

Goal: – *By the end of this seminar, participants will be educated on findings from research into the effects exercise has on brain health, especially those for with increased risk for Alzheimer’s and Dementia or who already suffer from Mild Cognitive Impairment. Participants will also learn strategies to engage in and promote physical activity in older adults for falls prevention/bone health.*

### Agenda

- I. 2:00 – 2:15 Welcome & Networking
- II. 2:15 – 2:40 Exercise and Brain Health  
J. Carson Smith, Ph.D.  
Associate Professor of Kinesiology  
University of Maryland School of Public Health
- III. 2:40 – 3:05 Exercise and Muscle Strength  
Paul Abosh, DC  
Morrison Chiropractic, P.A.  
President, Maryland Chiropractic Association
- IV. 3:05 – 3:15 Q&A
- V. 3:15 – 3:20 Stretch Break
- VI. 3:20 – 3:50 Discussion Session and Networking
- VII. 3:50 – 4:00 Closing Remarks

**Please complete the evaluation for today’s presentation.  
Thank you for attending!**