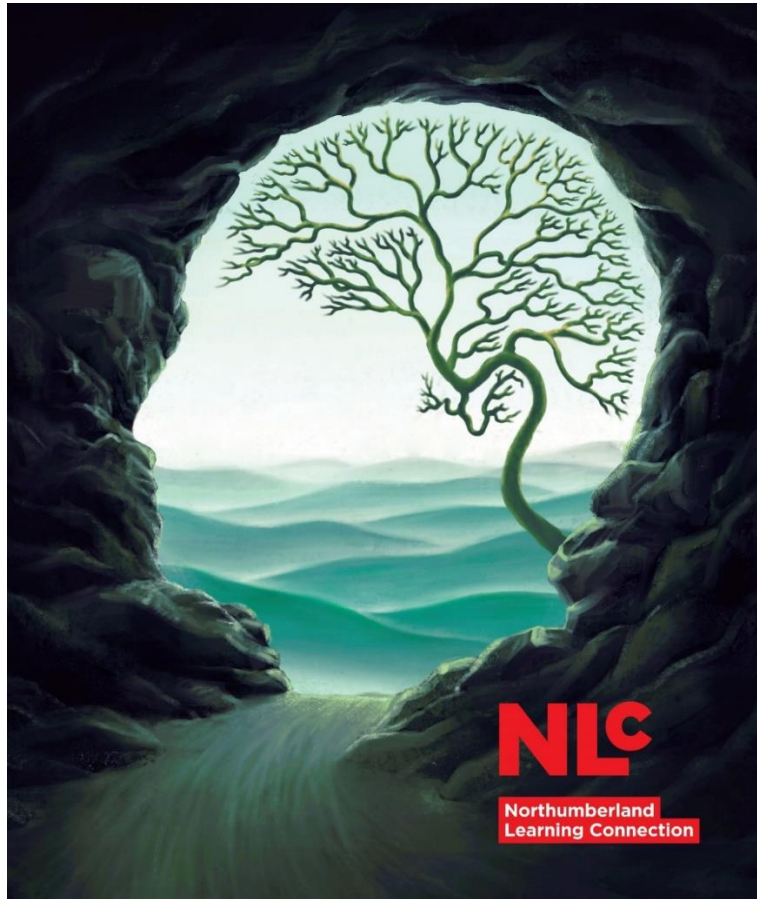


NLC presents THE BRAIN & THE MIND

March 23 - April 20, 2023



What is the relationship between the brain and the mind?

Open your mind to new thinking and techniques!
Brain and mind experts – including **Dr. Norman Doidge** – will discuss:

- treating mental illness
- new types of brain surgery
- healthy aging and cognition
- understanding comas and long COVID
- interpreting dreams
- changing your brain

Event details below

Tickets at www.connectnlc.ca

Series discount available

Thanks to our sponsors The Vanhaverbeke Foundation and



Title	Date and time	How to attend	Speaker and topic	Price
THE BRAIN & THE MIND ARE DIFFERENT...AND THE SAME	THURSDAY, MARCH 23RD at 7:30 PM	Group viewing at Cobourg Columbus Community Centre (Ticket A) or ZOOM at home (Ticket B)	Chief of the Brain Sciences Program at Sunnybrook, Dr. Anthony Levitt introduces the series, discussing new research that demonstrates how the brain and the mind need to be studied together rather than as separate entities. A specialist in mood disorders, he helps families of youth suffering from a mental illness or addiction find the most appropriate care.	\$25 Includes access to a recording if you can't make the date.
REVOLUTIONS IN BRAIN SURGERY	FRIDAY, MARCH 24TH at 10:00 AM	Group viewing at Cobourg Columbus Community Centre (Ticket A) or ZOOM at home (Ticket B)	Neurosurgeon Dr. Nir Lipsman studies techniques that will revolutionize treatments for the brain and mind – such as burning a tiny hole in the brain with focused ultrasound. These new approaches are changing the way that depression, OCD, Alzheimer's, Parkinson's, and other diseases of the brain/mind are understood and treated.	\$25 Includes access to a recording if you can't make the date.
COGNITIVE IMPAIRMENT IS NOT INEVITABLE!	THURSDAY, MARCH 30TH at 7:30 PM	In person at the Cobourg Columbus Community Centre: <i>Sponsored by The Vanhaverbeke Foundation</i>	Everyone complains about “senior moments,” but not all cognitive functions decline with age – some people stay sharp throughout their lives. Dr. Nicole Anderson of Baycrest explains the important influence of how we eat, move, sleep, hear, see and feel. She'll share a link to a cognitive assessment that participants can conduct privately.	\$25 Includes access to a recording if you can't make the date.
HOW DOES MY COGNITION MEASURE UP?	FRIDAY, MARCH 31ST at 10:00 AM	In person at the Cobourg Columbus Community Centre	In this follow-up to the March 30 th session, Dr. Nicole Anderson explains how participants can privately analyze the results of their cognitive assessment in the context of an overall study, and provides examples of how cognition is assessed in a clinical setting.	\$20 No recording available

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FROM COMA TO COVID 19: NEW APPROACHES TO ASSESSING BRAIN FUNCTION	THURSDAY, APRIL 6TH at 7:30 PM	ZOOM only	Dr. Adrian Owen , a professor at Western University's The Brain and Mind Institute, discusses new techniques that can detect consciousness and even communicate with some patients who appear to be comatose. Recently, these methods have shed light on the brain fog surrounding "long COVID." They have profound implications for diagnosis, care, prognosis and medical-legal decision-making, as well as our understanding of the relationship between brain and mind.	\$25 Includes access to a recording if you can't make the date.
WHAT DREAMS ARE MADE OF: THE NEW SCIENCE	THURSDAY, APRIL 13TH at 7:30 PM	In person at the Cobourg Columbus Community Centre: <i>Sponsored by The Vanhaverbeke Foundation</i>	Questions on the origins and meaning of dreams are as old as humankind, and as exciting today as when nineteenth-century scientists first attempted to unravel them. Dr. Antonio Zadra , a professor at Université de Montréal, explores new ways of studying the content of people's dreams, how they relate to waking life experiences, and the brain-based processes behind our nightly dreams.	\$25 Includes access to a recording if you can't make the date.
EXPLORING YOUR OWN DREAMS	FRIDAY, APRIL 14TH at 10:00 AM	In person at the Cobourg Columbus Community Centre	Dreams have long been viewed as a tool for self-exploration as well as a unique source of creativity. Dr. Antonio Zadra focuses on how to improve dream recall, ways of working with and understanding dreams, and how dreams can be used as a tool for problem solving and creativity.	\$20 No recording available
THE BRAIN CAN CHANGE ITSELF	Thursday, APRIL 20TH at 7:30 PM	In person at the Cobourg Collegiate Institute	Acclaimed psychiatrist and author Dr. Norman Doidge explains how the brain is a plastic, living organ that can actually change its own structure and function – even into old age. Arguably the most important alteration in our understanding of the brain in neuroscience since scientists first sketched out its basic anatomy, this revolutionary discovery, called neuroplasticity, overthrows the centuries-old notion that the brain is "fixed and unchanging."	\$25 No recording available