

**Optimizing brain and cognitive health:
Now: What works?
Future: What's on the horizon?**

Thursday April 9, 2026

7:00 - 8:00 Breakfast (Sonoran Rooftop)

8:00 - 8:30 **Welcome and Introduction** (Sonoran Ballroom)
Dr. Mike Dockery, MBRF
Dr. Carol A. Barnes, Director, Tucson EMBI
Dean Carmala Garziona, College of Science, UA, Tucson
Dr. Molly Wagster, NIA

Topic: What works with respect to nutrition? How do we implement what we know?

Moderator: Bonnie Levin (UM)

8:30– 9:00 **Keynote Speaker**
Dr. Sarah L. Booth
Tufts University
Title: *Aging and Nutrition: what advice arises from fact, what is myth?*

9:00 - 9:10 Discussion

9:10 – 9:25 Dr. Sara Burke (UF)
Title: *Who is a ketogenic diet good for?*

9:25- 9:30 Discussion

9:30 – 9:45 Dr. Hannah Gardener (UM)
Title: *Does a Mediterranean diet promote brain and cognitive health in aging populations?*

9:45 – 9:50 Discussion

9:50 – 10:15 Break

10:15 -10:30 Dr. Suzanne Judd (UAB)
Title: *Diet and brain health in aging*

10:30 – 10:35 Discussion

10:35 -10:55 Dr. Sarah Booth
Precision Nutrition: *The future – and how do we implement better dietary habits to promote brain health*

10:55 -11:15 **Panel discussion** – all speakers, **Moderator:** Sara Burke (UF)

11:15 – 12:15pm Lunch (Sonoran Rooftop)

Topics to watch for in the future

Peripheral Inflammation and the Brain: Exploring Senolytics as an Intervention

Moderator: Ron Lazar (UAB)

- 12:15 – 12:45 **Keynote Speaker**
Dr. Miranda Orr
Washington University School of Medicine
Title: *Senolytics: what are they, do they show promise beyond Alzheimer's disease for improving cognition?*
- 12:45 – 12:55 Discussion
- 12:55 – 1:10 Dr. Tom Foster (UF)
Title: *Cell senescence, sex and senolytics*
- 1:10 – 1:15 Discussion
- 1:15 – 1:30 Dr. Pablo de Rivero Vaccari (UM)
Title: *Contribution of the Inflammasome to Inflammaging*
- 1:30 – 1:35 Discussion
- 1:35 – 1:50 Dr. Davis Englund (UAB)
Title: *Targeting senescent cells to reduce systemic inflammation and promote healthy aging*
- 1:50 – 1:55 Discussion
- 1:55 – 2:15 **Panel discussion** – all speakers, **Moderator:** Tom Foster (UF)
- 2:15 – 2:30 Break

Neurostimulation and Brain Clearance Pathways: A New Frontier in Cognitive Health

Moderator: Ihtsham Haq (UM)

- 2:30 - 3:00 **Keynote Speaker**
Dr. Qiuting Wen
Indiana University School of Medicine
Title: *MR Imaging of CSF Dynamics*
- 3:00- 3:10 Discussion
- 3:10 – 3:25 Dr. Keith McGregor (UAB)
Title *Training the Brain's Brakes: Neuromodulation for Inhibitory Control in Aging?*
- 3:25 – 3:30 Discussion
- 3:30 – 3:45 Dr. Ying-Hui Chou (UA)
Title: *TMS, Glymphatic Function, and Plasticity Reserve in Mild Cognitive Impairment*
- 3:45 – 3:50 Discussion
- 3:50 – 4:10 **Panel discussion** – all speakers, **Moderator:** Lee Ryan (UA)

Collaborative Pilot Projects Highlights

Moderator: Jen Bizon (UF)

- 4:10 – 4:20 Dr. Arne Ekstrom (UA)
Title: *Training new navigation skills in older adults using virtual reality and peripheral target detection: A preliminary update*
- 4:20 – 4:25 Discussion
- 4:25 – 4:35 Dr. Ashley Huggins (UA)
Title: *Neurobiology of fear generalization: understanding cognitive and emotional health in postmenopausal women*
- 4:35 – 4:40 Discussion
- 4:40 – 4:50 Dr. Caesar Hernandez (UAB)
Title: *Effects of age and sex on fear generalization and the underlying hormonal contributions.*
- 4:50 – 4:55 Discussion
- 4:55– 5:05 Dr. Eric Porges (UF)
Title: *Effect of Alcohol Reduction and Probiotic Interventions on Cognition and Brain Glucose Metabolism in Normal Aging Adults who are High-Risk Alcohol Drinkers*
- 5:05 – 5:10 Discussion
- 5:30 Board buses for Tohono Chul Gardens
- 5:45 Reception, remarks, Dr. Lee Ryan, Dr. Mike Dockery
Visit museum and gardens
Dinner
- 8:00 first bus leaves for Westward Look