

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

April 8-10, 2026
University of Arizona

Thursday April 9, 2026

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

8:00 - 8:30 **Welcome and Introduction** (Sonoran Ballroom)
Dr Carol Barnes, Director, Tucson EMBI
Dean Carmala Garzione, College of Science
University of Arizona

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

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 - 9:15 Discussion

9:15 – 9:30 Dr. Sara Burke (UF)
Title: *Who is a ketogenic diet good for?*

9:30- 9:35 Discussion

9:35 – 9:50 Dr. Hannah Gardener (UM)
Title: *Does a Mediterranean diet promote brain and cognitive health in aging populations?*

9:50 – 9:55 Discussion

9:55 – 10:25 Break

10:25 -10:40 Dr. Suzanne Judd (UAB)
Title: *Diet and brain health in aging*

10:40 – 10:45 Discussion

10:35 -11:00 Dr. Sarah Booth
Precision Nutrition: *The future – and how do we implement better dietary habits to promote brain health*

11:00 -11:45 **Panel discussion** – all speakers, **Moderator:** Sara Burke

11:45 – 12:45pm Lunch (Sonoran Rooftop)

Topics to watch for in the future

Peripheral Inflammation and the Brain: Exploring Senolytics as an Intervention

12:45 – 1:15	Keynote Speaker Dr. Miranda Orr Washington University School of Medicine Title: <i>Senolytics: what are they, do they show promise beyond Alzheimer's disease for improving cognition?</i>
1:15 – 1:25	Discussion
1:25 – 1:40	Dr. Tom Foster (UF) Title: <i>Cell senescence, sex and senolytics</i>
1:40 – 1:45	Discussion
1:45 - 2:00	Dr. Englund Davis (UAB) Title: <i>Targeting senescent cells to reduce systemic inflammation and promote healthy aging</i>
2:00 – 2:05	Discussion
2:05 – 2:30	Panel discussion – all speakers, Moderator: Tom Foster
2:30 – 2:45	Break

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

2:45 - 3:00	Dr. Qiuting Wen Indiana University School of Medicine Title: <i>MR Imaging of CSF Dynamics</i>
3:00- 3:05	Discussion
3:05 – 3:20	Dr. Keith McGregor (UAB) Title <i>Training the Brain's Brakes: Neuromodulation for Inhibitory Control in Aging?</i>
3:20 – 3:25	Discussion
3:25 – 3:40	Dr. Ying-Hui Chou (UA) Title: <i>TMS, Glymphatic Function, and Plasticity Reserve in Mild Cognitive Impairment</i>
3:40 – 3:45	Discussion
3:45 – 4:10	Panel discussion – all speakers, Moderator: Lee Ryan

Collaborative Pilot Projects Highlights

Moderator: Dr. Jen Bizon

4:10 – 4:20	Dr. Arne Ekstrom (UA) Title: <i>Training new navigation skills in older adults using virtual reality and peripheral target detection: A preliminary update</i>
4:20 – 4:25	Discussion
4:25 – 4:35	Dr. Ashley Huggins (UA)

	Title: <i>Neurobiology of fear generalization: understanding cognitive and emotional health in postmenopausal women</i>
4:35 – 4:40	Discussion
4:40 – 4:50	Dr. Caesar Hernandez (UAB) Title: <i>Effects of age and sex on fear generalization and the underlying hormonal contributions.</i>
4:50 – 4:55	Discussion
4:55– 5:05	Dr. Eric Porges (UF) Title: <i>Effect of Alcohol Reduction and Probiotic Interventions on Cognition and Brain Glucose Metabolism in Normal Aging Adults who are High-Risk Alcohol Drinkers</i>
5:05 – 5:10	Discussion
5:30	Board buses for Tohono Chul Gardens Reception Visit museum and gardens Dinner
8:00	first bus leaves for Westward Look