Arizona Association of Area Agencies on Aging
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For Immediate Release

BRAIN HEALTH EXPERT TO ADDRESS FLAGSTAFF CONFERENCE

FLAGSTAFF, Ariz. — Renowned brain health expert Dr. Paul Nussbaum will be a keynote speaker at the Aging in Arizona conference on Thursday, May 19, 2016 at the High Country Conference Center in Flagstaff. The Arizona Association of Area Agencies on Aging (AZ4A) is hosting the conference and invites health and service providers, aging professionals, family caregivers and others to join. Registration is open at http://regonline.com/az4aagingsummit; the registration fee is $125 through March 31 and includes access to the full program, an evening reception on May 19 and the opportunity to earn Continuing Education Units.

Dr. Nussbaum's talk, "Brain Health Across the Lifespan," will explore neurogenesis, or new brain cell development. Scientists have long argued that this process occurs in other animals but not humans, but recent research indicates otherwise. "If the human brain can generate new brain cells an entire new frontier of discovery and opportunity emerges," says Nussbaum. With his proactive approach to brain health, Nussbaum proposes techniques that possibly delay neurodegenerative disorders late in life.

Dr. Nussbaum is Founder and President of the Brain Health Center, Inc., which integrates mind-body-spiritual wellness with clinical approaches. Dr. Nussbaum is also an expert in the care of persons suffering dementia.

In addition to Dr. Nussbaum's talk, the two-day conference program will cover topics including behavioral health, nutrition, Medicare and more. The full program is available at http://www.azaging.org/.

About the Arizona Association of Area Agencies on Aging

The Arizona Association of Area Agencies on Aging (AZ4A) is a statewide network of seven regional agencies that address the needs of seniors and individuals with disabilities, as well as their families and caregivers. AZ4A supports Arizona's Area Agencies on Aging with advocacy, training, information and resources. The agencies constituting AZ4A are members of n4a, the National Association of Area Agencies on Aging, a network representing the 622 Area Agencies on Aging across the nation. More information on AZ4A and the conference is available at www.azaging.org or via the Northern Arizona Council of Governments Area Agency on Aging at 1-877-521-3500.

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