



*Building at the Heart of our Community*

THE MAHONE BAY CENTRE  
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## Conversations With....

You are invited to a Zoom webinar

When: May 21, 2020 02:00 PM Halifax

Topic: Centre Talks - Keeping a Healthy Brain

Across the Lifespan – Taking Care of Your

Most Valuable Asset a Conversation with

Tara Perrot, PhD.

Register in advance for this webinar:

[https://us02web.zoom.us/webinar/register/WN\\_KwqHoiZ7RdiL1E4VCurggg](https://us02web.zoom.us/webinar/register/WN_KwqHoiZ7RdiL1E4VCurggg)

After registering, you will receive a confirmation email containing information about joining the webinar.



**Webinar Speaker**

**Tara Perrot, Ph.D.**

**(Professor, Department of Psychology & Neuroscience @Dalhousie University)**

Tara Perrot is a Professor in, and Chair of, the Department of Psychology and Neuroscience at Dalhousie University. She received her Ph.D. in Neuroscience from the

University of Western Ontario and continued her research training at the University of Maryland before joining Dalhousie in 2002. Her research interests presently are focused on understanding how lifestyle factors, such as exposure to stress and non-nutritious diets, program the brain and behaviour. Through her research, she is interested in identifying coping mechanisms that increase resilience across the lifespan. Her own coping mechanisms include yoga, cooking, and any activity that can be enjoyed in the great outdoors.

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## **Notice of Mahone Bay Centre AGM**

Mahone Bay Centre Society Annual General Meeting will be held on Thursday, June 25, 7pm. Location to be determined. This meeting will take place in person if possible and if not virtually. Updated location information will be provided after MBC's board meeting on May 25, 2020.