



**Food and the Aging Brain: Updates on Nutrition and Cognitive Health in Older Adults**

November 19, 2020

10:00 – 11:30 am ET

- 10:00 am**      **Introduction**  
*Simin Nikbin Meydani, Tufts University*
- 10:05 am**      **Overview of Cognitive Health and Function**  
*Lisa McGuire, CDC*
- 10:15 am**      **Research on Nutrition and Cognitive Function**  
*Barbara Shukitt-Hale, USDA, Tufts University*
- 10:25 am**      **Polyphenols for Cognitive Health**  
*David Vauzour, University of East Anglia*
- 10:35 am**      **Nutrition and Mental Health**  
*Elissa Epel, UCSF*
- 10:45 am**      **Panel Discussion**  
*Moderator: Simin Nikbin Meydani, Tufts University*
- 11:30 am**      **Adjourn**