



WORKSHOP: DESIGNING AND RUNNING INTERVENTIONS PROMOTING MENTAL/COGNITIVE HEALTH AND WELL BEING THROUGH COGNITIVE AND PHYSICAL TRAINING

Organizers

Panos Bamidis

Introduction

The aim of this workshop is to:

- introduce participants to the notion of cognitive health and well being, ageing research
- the notion of contemporary interventions and ways for the evaluation of their effectiveness
- raise awareness of contemporary tools to conduct and evaluate interventions

By the end of this workshop participants will be able to:

- appreciate advances in relevant research in the field of cognitive health
- understand the role of cognitive and physical training for mental health and well being
- practice contemporary tools for cognitive and physical training (for aging and cognitive impairment in general)
- aware of assessment tools that measure effectiveness

Duration: 2hrs

Key Presenters

Henry Mahncke, Positscience, USA

Sokratis Papageorgiou, National Kapodistrian University of Athens, Greece

In collaboration with the LLM Care ecosystem and 2* EIPonAHA Reference Site

Keywords

cognitive health, ageing research, contemporary interventions, mental health