
INVITATION

SEMINAR 2020

RESEARCH AND INNOVATION



NICM Health Research Institute presents Professor Karen Charlton, Advanced Practising Dietitian at the Smart Foods Centre, School of Medicine, University of Wollongong.

Join our guest seminar speaker, [Professor Karen Charlton](#), as she discusses the effect of bioactive compounds found in plant foods on preventing memory loss and cognitive decline associated with ageing. A nutritional epidemiologist and leader in nutrition and dietetics, Professor Charlton works at the interface between clinical care, primary care and public health. She has extensive international experience in translating research into policy. Professor Charlton conducts food-based clinical trials to identify the role of nutrients, foods and dietary patterns on health outcomes. She has published over 170 publications, with co-authors from 16 countries.

Overview

Professor Charlton's presentation, '*A heart healthy diet is good for the brain too*' will explore her latest research and promising evidence that foods rich in anthocyanins (compounds that provide deep red, purple and blue pigmentation in foods) may help prevent further cognitive decline in people with mild-to-moderate dementia.

DATE	Monday 20 July 2020
TIME	12pm to 1pm
VENUE	Webinar
COST	Free and open to all
RSVP	Register at nicm.edu.au/news/events