



SYMPOSIUM 2010

The effects of exercise and nutrients on brain function

Copenhagen 23-27 August 2010

- ❖ Current understanding of the effect of exercise and nutrients on brain function.
- ❖ Current understanding of the signaling pathways involved in mediating the effect of exercise and various nutrients on brain function.
- ❖ Focus on the practical use of knowledge of the interaction of nutrients and exercise in cognitive and motor rehabilitation.
- ❖ Basic physiology of brain metabolism, basic physiology of brain-gut signaling and the neurobiological basis of plasticity in the brain.

Tidspunkt: 23. – 27. august 2010.

Sted: Helene Elsass Centeret, Holmegårdsvej 28, 2920 Charlottenlund.

Prisen for deltagelse i kurset er: kr. 2000.

Der er plads til 70 personer på symposiet. Derfor anbefales hurtig tilmelding.

Tilmelding: På Helene Elsass Center's hjemmeside: www.elsasscenter.dk

Arrangeret i samarbejde mellem:

Helene Elsass Center og

Institut for Idræt og

Institut for Neurovidenskab og Farmakologi, Panum, Københavns Universitet