

NEUROPLASTICITY OF THE HUMAN BRAIN

大腦的

神經可塑性

人類的大腦是一個能夠根據學習和經驗來重組其結構和功能的動態器官。大腦的這種神經可塑性特徵使我們能夠進行適應性行為以達到目標。揭開神經可塑性的機理，在自然衰老過程中對保持認知和情感功能具有非常重要的意義。在本講座中，我將與您分享神經可塑性的神經心理學基礎，探討各種促進老年人認知和情感功能的非藥物方法的研究結果。我們的最新發現表明量身定制的培訓計劃對健康老齡化具有明顯的積極影響。

The human brain is a dynamic organ capable of organizing and reorganizing its structure and functions according to learning and experience. This neuroplastic characteristic of the brain allows us to execute adaptive behaviors for goal attainment. Unlocking the mechanisms underpinning beneficial neuroplasticity has a very significant implication on preserving cognitive and affective functions during the process of natural ageing. In this seminar, I will share with you the neuropsychological underpinnings of neuroplasticity. Findings of research on various non-pharmacological approaches to facilitate cognitive and affective functions among older people will be discussed. Our findings provide encouraging evidence that tailored training programs have significant positive effects on healthy ageing.

2021年4月10日(星期六)

上午十一時至中午十二時正

Saturday April 10, 2021

11:00am - 12:00nn



網上講座
Online Seminar



活動將以廣東話進行
The seminar will be
conducted in Cantonese



講者 Speaker

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詳情及登記 Details and Registration

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