



2024 Winter Think Tank

Brain Health and the Aging Workforce

February 26 & 27, 2024 | Meharry Medical College, Nashville, TN

Recommended Readings & Videos

From HERO Think Tank faculty for “Brain Health and the Aging Workforce”

Ahuja, R., & Levy, C. “[Better Brain Health through Equity: Addressing Health and Economic Disparities in Dementia for African Americans and Latinos.](#)” 2021, Milken Institute.

Dhana, K., Agarwal, P., James, B.D. “[Healthy Lifestyle and Cognition in Older Adults With Common Neuropathologies of Dementia.](#)” JAMA Neurology. Feb. 2024.

Forget, M., & Le Pertel, N. “[Enhancing Neuroplasticity and Promoting Brain Health at Work: The Role of Learning and Memory in Workplace Performance.](#)” Book chapter, open access. Jan. 2024.

Lee, Deborah. NHC Chair of Excellence in Nursing. “[Second Acts.](#)” Aging Matters Video Series.

Lock, S.L., Chura, L.R., Dilworth-Anderson, P. et al. “[Equity across the life course matters for brain health.](#)” *Nat Aging* **3**, 466–468 (2023).

Maxwell, Cathy. “[Aging Matters/Aging and Injury.](#)” PBS Video.

Peterson, K. “[What are the Best Books on Aging?](#)” ChangingAging® with Dr. Bill Thomas. Jan. 2013.

Suzuki, Wendy. “[The brain-changing benefits of exercise.](#)” TEDWomen, Nov. 2017 (16 million views).

Terry, P. “[Why Not Offer Routine Screenings for Brain Health?](#)” *American Journal of Health Promotion*. Nov. 2023.

Wolever, R.Q. et al. “[Health Coaching and Genetic Risk Testing: Randomized Controlled Trial.](#)” *Health Psychology*. 2022;44;10. APA PsycNet.