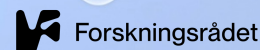
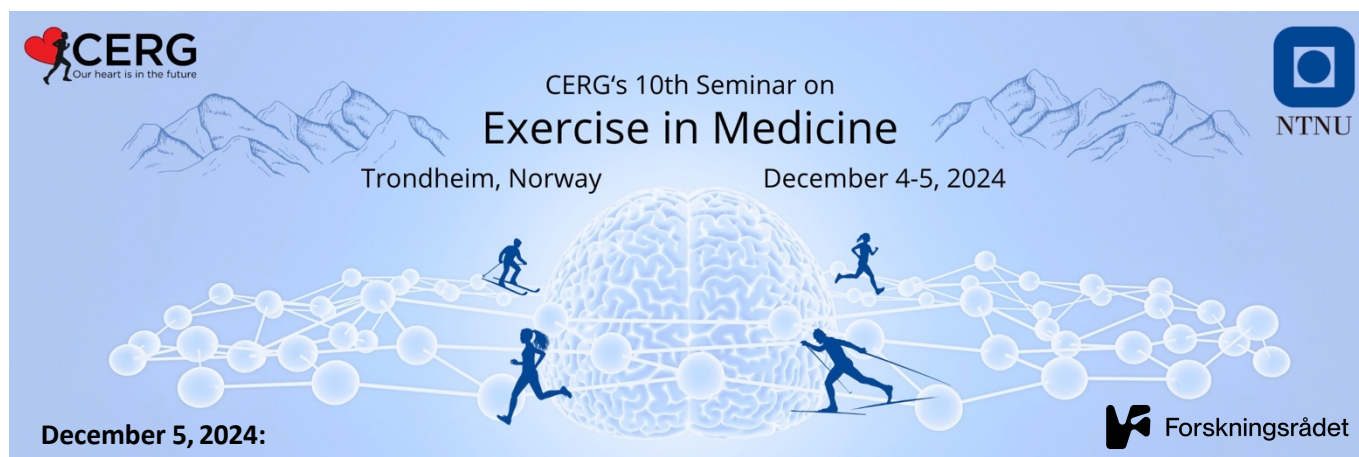


December 4, 2024:



Ulrik Wisløff 10:00-10:30	WELCOME AND OPENING OF THE SEMINAR by Cardiac Exercise Research Group (CERG), Department of Circulation and Medical Imaging (ISB), Norwegian University of Science and Technology (NTNU), Trondheim, Norway
Ageing	
Dorthe Stensvold 10:30-10:55	Department of Circulation and Medical Imaging, NTNU, Trondheim NO "The Generation 100 Study – 10-years-update"
Carl-Johan Boraxbekk 10:55-11:20	University of Copenhagen, Denmark "The Brainiacs Guide to Healthy Aging"
11:20-12:15	Speed updates
Marie Klevjer	Department of Circulation and Medical Imaging, NTNU, Trondheim NO "New Genetic Determinants of Cardiorespiratory Fitness"
Daniel E. Brissach	Department of Circulation and Medical Imaging, NTNU, Trondheim NO "Cardiorespiratory Fitness to predict all-cause mortality and Alzheimer's disease"
Atefe R. Tari	Department of Circulation and Medical Imaging, NTNU, Trondheim NO "ExPlas – Exercised plasma to treat Alzheimer's disease"
Aleksi Huma	Department of Circulation and Medical Imaging, NTNU, Trondheim NO «Exercise microRNAs to predict the risk of Alzheimer's disease?»
Helene H. Berg	Department of Circulation and Medical Imaging, NTNU, Trondheim NO «Exercise training, GPLD1 and risk of Alzheimer's disease»
12:15-13:00	Lunch Break
Exerkines	
Saul Villeda 13:00-13:40	Department of Anatomy, University of California San Francisco, USA "Therapeutic potential of systemic brain rejuvenation strategies for neurodegenerative disease"
Gregor Bieri 13:40-14:10	Department of Anatomy, University of California San Francisco, USA "The role of brain blood vessels as gatekeepers in harnessing liver-driven exercise benefits of brain health"
14:10-14:30	Break

Tara Walker 14:30-15:10	Queensland Brain Institute, University of Queensland, Brisbane, Qld, Australia "Platelets: The missing link between the blood and brain?"
Anja Bye 15:10-15:30	Department of Circulation and Medical Imaging, NTNU, Trondheim NO "Using advanced biotechnology methods to predict future disease"
Dag Aarsland 15:30-16:00	Centre for Age-Related Disease, Stavanger University Hospital, Stavanger, Norway. "Protect - Why do some develop dementia, but others have a healthy brain for life?"
DINNER AND DRINKS @Kavli Institute 5th floor 19:00-22:00	



	WELCOME BACK TO THE SEMINAR by CEREG.
Brain Health	
Charalampos Tzoulis 09:45-10:05	Department of Clinical Medicine, University of Bergen, NO «The Norwegian Brain Bank Initiative»
Ira Haraldsen 10:05-10:30	Department of Neurology, Oslo University Hospital, Norway "AI-MIND – Artificial intelligence for dementia prevention"
10:30-10:40	Break
Olov Belander 10:40-11:10	Senior Adviser at The Norwegian Directorate of Health "The Cost of Inactivity"
Lasse Berre 11:10-11:30	Berre Studios, Trondheim, Norway «AQ»
11:30-11:40	Group photo
11:40-12:15	Lunch break
	12:15 - Bus to Ringve museum 13:00-14:00 – Christmas concert/ Ringve dementia choir 14:30 – Bus back to St. Olavs Hospital