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## Staying Engaged

To combat the isolating effects of social distancing, Dr. Park, and a team of professional photographers launched a series of free, online photography classes. The Stay Engaged workshops allow participants to interact with instructors and classmates in real-time...

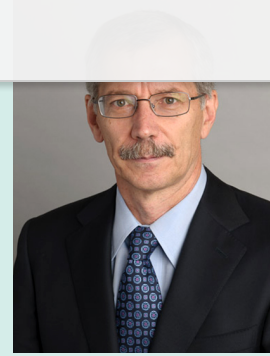
[Read more](#)

Dear Friends,

Welcome to our 'in-brief' digital newsletter. To keep you up-to-date on developments at the CVL, we will be sending out these newsletters for the time being. These past few months have been incredibly challenging in many ways and for many

of us. But I and my colleagues are inspired and encouraged by the resourcefulness and resilience of our supporters and the wider community. We look forward keenly to the day we can meet you again face-to-face.

Dr. Michael Rugg  
*Director, Center for Vital Longevity*



## RESEARCH



### Improving Everyday Function in Older Adults

Researchers led by Dr. Chandramallika Basak conducted a large-scale analysis of the benefits of multiple training types for older adults. [READ MORE](#)

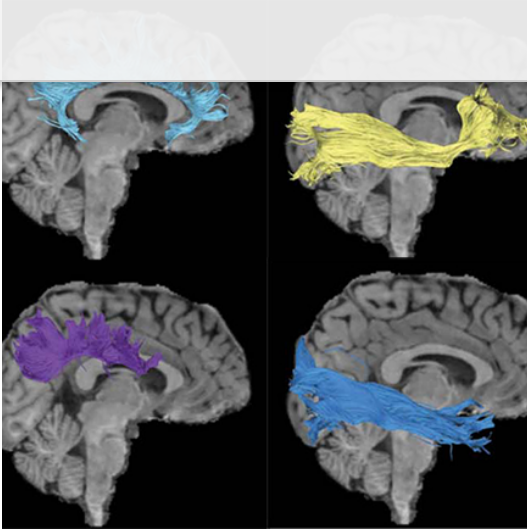
## EVENTS



### Dallas Aging & Cognition Conference

Due to the uncertainty surrounding COVID-19 and out of respect for everyone's health and safety, we are postponing the DACC until January 2022. The new conference dates will be January 29-31, 2022.

## RESEARCH



## Study Establishes Structure-Function-Cognition Associations Across the Lifespan

Check out the new research from Dr. Kristen Kennedy and Dr. Karen Rodrigue. [READ MORE](#)

### EVENTS



## 10th Anniversary Gala

We are postponing the 10th Anniversary Gala until 2022 due to the uncertainty surrounding COVID-19. We will celebrate Dr. Park and our anniversary in January 2021 but in a different setting. We will send more information at a later date.

### Connect with us!

If you would like to hear more from the CVL or get involved, [click here](#).



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