



Treasure Maps & Memories

Watch as Dr. Alison Adcock of Duke University discusses how our imagination can change our brains and interventions that help us tap into the ability to manipulate our biology.

[WATCH NOW](#)

Dear Friends,

As this year comes to a close, I am excited by the continuing progress of the CVL. Among the highlights of the past year is a bumper crop of new PhDs. Just in the past few months six of our graduate students successfully defended their dissertations. We are proud of them all and wish them the very best in their future careers.

Looking forward to the new year, we begin with the Dallas Aging & Cognition Conference in February after having to postpone it for the past two years. We will also host a Spring public lecture again in April in partnership with the Texas Instruments Alumni Association.

I look forward to continuing to work towards our mission of cognitive health for life. As always, I greatly appreciate your continued support of our Center and its research. And on behalf of all at the Center, we wish you a peaceful and fulfilling new year.



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



Don't Miss the Spring Lecture

Dr. Walter Boot of Florida State University to join the spring lecture in April.

[Read More](#)

PEOPLE



Starting Over

Sera Gonzalez spent nearly 15 years in a newsroom before giving up her career to pursue a degree in biology.

[Read more](#)

EVENTS



Walk to End Alzheimer's

Check out the CVL team participating in the Dallas fundraising walk for the Alzheimer's Association!

[See more](#)

Want to get involved?

Our labs are ramping up in-person data collection – with appropriate safety precautions – on participants of all ages. If you would like to participate in a study, click below to contact a lab. Your participation allows the CVL to fulfill its mission of cognitive health for life!

PARTICIPATE



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