



Neuroscience Café

Thursday

October 21

6:00-7:00 PM CST

“Training the Brain: Exercise for Neurological Disorders”



Jane Allendorfer, PhD
Assistant Professor
Department of Neurology

Dr. Allendorfer is an Assistant Professor in the Department of Neurology and Associate Director of the Civitan International Neuroimaging Lab at UAB that manages the UAB Research MRI Core. She earned her PhD in Neuroscience in 2009 and completed post-doctoral training at the University of Cincinnati. The goals of her research are to apply strategies for improving the quality of life of individuals with seizures and other neurological disorders, utilizing non-invasive imaging methods such as MRI to better understand how disease-modifying factors, including physical exercise, exert their positive effects. She is currently conducting a randomized controlled trial to investigate exercise for memory rehabilitation and the corresponding brain changes in people with generalized epilepsy.



Amy Amara, MD, PhD
Associate Professor
Department of Neurology

Dr. Amara is an Associate Professor in the Department of Neurology. She graduated from the Medical College of Georgia with MD and PHD, with distinction. She then completed neurology residency as well as fellowship training in Movement Disorders and Sleep Medicine at UAB. Currently she studies sleep disorders in patients with Parkinson’s disease and the influence of non-pharmacologic interventions such as exercise on sleep disorders, cognition, and other non-motor symptoms in Parkinson’s disease. She is currently conducting a randomized, controlled trial to investigate the effects of exercise on cognition and sleep in persons with Parkinson’s disease as well as a study in healthy older adults to evaluate relationships between cognition, brain inflammation, blood pressure, and fitness.

This UAB CNC Neuroscience Café is a **virtual event** in collaboration with the Birmingham area libraries and nearby communities, including UA and AU.

Register for Zoom Meeting:

<https://uab.zoom.us/meeting/register/tZwscO2grzwsGtDKtJlgY1XvX02IU6nyDhr0>

You will receive a confirmation email with the link to the meeting.