

## Seattle Program for Augmenting Resilience and Cognition (SPARC) symposium on Cognitive Resilience and Cognitive Reserve

On **March 14th 2025** we will be holding the 1st Seattle SPARC symposium as part of the Washington Initiative in Neuroscience Innovation Challenge.

The symposium will focus on topics around cognitive resilience and reserve, as well as how those might be studied as part of a revitalized Seattle Longitudinal Study.

The event will be held at the **UW South Campus Center from 8am-2pm**.

Lunch and refreshments will be provided for all participants, including audience members, thanks to WIN and the Institute on Human Development and Disability (details to follow).

The discussions will be led by local expert researchers including presentations on the following topics:

- What are cognitive resilience and reserve?
- How can we measure resilience and reserve?
- Can we enhance resilience and reserve?

As an audience member you will be able to attend the symposium, watch the presentations, and contribute to discussions via an online platform.

If you wish to attend as an audience member, [please fill in this form](#) (or use the QR code below) by **March 7th 2025**. The event will be in-person only, and places are limited.



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