

SFU Press Releases Collection

These archival copies have been generated from web press releases maintained and originally written by SFU Communications and Marketing. Where possible, an effort has been made to preserve the public comments left on the website as well as any included photos or other images. All textual content should be faithful to the original press releases; contact numbers have been removed but they have not otherwise been altered in any way. However, this collection of documents spans multiple generations of web authoring software and not all formatting will be exact.

MEDIA RELEASE

Media Advisory: Creative Commotion discusses importance of creativity to improve brain health, memory and happiness

July 13, 2018

[Tweet](#) [Facebook](#) [Pinterest](#) [Email](#) [Print](#)

Contact:

Wan Yee Lok, Communications & Marketing, 778.782.3210, wyl12@sfu.ca

[A Day of Creative Commotion](#) will bring experts on aging, creativity and brain health to Simon Fraser University's Vancouver campus to discuss the benefits of creative activities with 200 participants.

Part of [SFU's Liberal Arts and 55+ Program](#), the morning presentations feature [Rob Wilson](#), [Lisa MacLean](#) and [Calla Power](#). In the afternoon, participants will experience two rounds of creative workshops including stand-up comedy, improv theatre, dance, origami, photography, music, painting, and life drawing.

WHEN:

- Saturday, July 14
- 9:30 a.m. to 4:00 p.m.

WHERE:

- SFU Harbour Centre
- 515 West Hastings Street, Vancouver

WHY:

According to [Harvard Health Publishing](#), brainy activities stimulate new connections between nerve cells and may even help the brain generate new cells, developing neurological "plasticity" and building up a functional reserve that provides a hedge against future cell loss.

ADDITIONAL DETAILS:

Panelists and workshop instructors will be available for interview during the event.

Presentations on "Creativity and Brain Health" from 10:15 a.m. to 12:00 p.m.

Workshops will take place from 1:00 p.m. to 3:45 p.m.

ABOUT SFU CONTINUING STUDIES:

Since 1971, Continuing Studies at Simon Fraser University has been offering flexible learning opportunities to adult students of all ages. In addition to public lectures and events, SFU Continuing Studies delivers hundreds of courses and a wide variety of professional certificate and diploma programs online and at SFU's campuses. Its Liberal Arts and 55+ Program, which offers courses and events for adults of any age as well as daytime courses for adults 55+, is one of the largest and most successful of its kind in North America.

ABOUT SIMON FRASER UNIVERSITY:

As Canada's engaged university, SFU is defined by its dynamic integration of innovative education, cutting-edge research and far-reaching community engagement. SFU was founded more than 50 years ago with a mission to be a different kind of university—to bring an interdisciplinary approach to learning, embrace bold initiatives, and engage with communities near and far. Today, SFU is Canada's leading comprehensive research university and is ranked one of the top universities in the world. With campuses in British Columbia's three largest cities – Vancouver, Burnaby and Surrey – SFU has eight faculties, delivers almost 150 programs to over 35,000 students, and boasts more than 150,000 alumni in 130 countries around the world.

-30-

Simon Fraser University: Engaging Students. Engaging Research. Engaging Communities.

- [For the Media](#)
- [For Faculty and Staff](#)
- [About SFU](#)
- [SFU News](#)

[Admission](#)
[Programs](#)
[Learning](#)
[Research](#)
[Community](#)
[About](#)

[CONNECT WITH US](#)

[Facebook](#)
[Instagram](#)
[Twitter](#)
[YouTube](#)

[Maps + directions](#)
[Library](#)
[Academic Calendar](#)
[Road Report](#)
[Give to SFU](#)
[Emergency Information](#)

[CONTACT US](#)

Simon Fraser University
8888 University Drive
Burnaby, B.C.
Canada V5A 1S6

[Terms and conditions](#)
© Simon Fraser University