



For immediate release — Friday, March 20, 2026

## **University of Lethbridge invites community to celebrate the brain at Brain Awareness Week**

The University of Lethbridge's annual Brain Awareness Week will take place March 23-28 and feature several engagement activities for the public, including community talks and an Open House. Everyone is invited to celebrate ULethbridge researchers, students, community partners and the significant advances in brain research that have increased our understanding of the brain and raised awareness and support for ongoing research.

### **Events**

#### **Tuesday, Mar. 24 — 7:30 p.m.**

*From action to Cognition: How the Body Shapes the Brain* — Dr. Claudia Gonzalez

Explore how everyday behaviours, from grasping a cup to reaching for something in the dark, reveal the deep links between action and cognition.

**BMO Auditorium (Science Commons)**

#### **Friday, March 27 — 5:30 p.m.**

*The Stressed Brain: Lessons from Earth and Space* — Dr. Gerlinde Metz

Learn how experiences such as stress and social isolation can shape how our brains function and influence both mental and physical health.

**Galt Museum & Archives**

#### **Saturday, March 28 — 11 a.m. to 2 p.m.**

*Canadian Centre for Behavioural Neuroscience (CCBN) Open House*

Take a tour of the Department of Neuroscience and learn what the labs are researching, interact with a variety of community organizations that support brain and mental health, and explore the kids' room for fun, engaging, brain-building activities.

**Science Commons**

All events are FREE and open to the public.

“Brain Awareness Week is an opportunity to highlight the research advances and contributions of our ULethbridge researchers, students and community partners toward ongoing study of the brain,” says Dr. Robbin Gibb, Chair/Professor for the Canadian Centre for Behavioural Neuroscience (CCBN). “These events bring our community together to explore the latest discoveries in neuroscience and see how they shape our understanding of the brain.”

To view online: <https://www.ulethbridge.ca/unews/article/neuroscience-takes-centre-stage-during-brain-awareness-week>

-- 30 --

Contact:

Trevor Kenney, Manager of Public Affairs  
403-329-2710  
403-360-7639 (cell)  
[trevor.kenney@uleth.ca](mailto:trevor.kenney@uleth.ca)  
@ULethbridge

*Our University's Blackfoot name is Iniskim, meaning Sacred Buffalo Stone. The University is located in traditional Blackfoot Confederacy territory. We honour the Blackfoot people and their traditional ways of knowing in caring for this land, as well as all Indigenous Peoples who have helped shape and continue to strengthen our University community.*