

## ENVISIONING A MCGILL UNIVERSITY LIFELONG LEARNING AND LIVING (L4) COMMUNITY

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Lifelong learning and cognitive resilience are integral to a changing 21st century education paradigm for learners of all ages, as they are for health and well being of the individual student and wider community. Neuroscience in particular is continually making inroads on the impact that learning has on the brain and the interrelationships between body and mind that help to maintain physical and intellectual capacity over a lifetime.

There is a long-standing community dedicated to sustainable lifelong learning on campus, the McGill Community for Lifelong Learning (MCLL). There are also worldwide efforts underway to promote lifelong learning in the context of age friendly cities under the auspices of UNESCO and the World Health Organization.

Moreover, the international network of Age Friendly Universities, Lifelong Learning Institutes and over 200 University Based Retirement Communities (UBRCs) in the USA offer resources, guidelines, operating principles and research for building unique and innovative local responses to the changing demographics, increased cultural diversity and technological changes in education futures for learners in a given community.

The poster will highlight national and international research initiatives and networks to enhance well-being and mental health through lifelong learning.

Different L4 community options will be explored, building on MCLL's peer learning experience over the past 27 years. It will reflect opportunities for interdisciplinary collaboration with university and wider Montreal community stakeholders, including health care professionals, caregivers, and educators.

The poster will demonstrate that a lifelong learning approach to whole person care has the potential to be transformative.■