

**Project Title: Virtual International Symposium: Making healthy ageing happen in later life**

**Abstract**

Virtual international symposium on Healthy Ageing for All, open to researchers from each university. Featured talks by the four collaborators from The Chinese University of Hong Kong (CUHK) and The University of Queensland (UQ) will illustrate how social group membership, cognitive attributions about health behaviours, and strategic support for reducing the risk of cognitive impairment and dementia, can support increased participation in health-promoting activities (e.g. exercise) to improve health and mental health outcomes.

Early-mid career researchers from CUHK and UQ will be invited to the symposium, with the explicit goal of forming research connections between the two universities through a short pilot project supervised by one collaborator from each university.