



CEO & Founder
of Amygo Medical
Systems

TIFFANY
KURLAND

Aug 11, 2026



Bridging Generations

Week 7 Recap

Theme: Health & Well-Being



Puja & Tiffany

Week 7 of Bridging Generations was an uplifting and informative session centred on Health & Well-Being. We were delighted to welcome guest speaker Tiffany Kurland, founder and CEO of Amygo Medical Systems, a company that has created an at-home neurotechnology and AI-powered software platform designed to help prevent, screen for and treat progressive neurological conditions such as dementia. Tiffany shared the deeply personal inspiration behind her work, having lost seven family members to dementia. She explained how encouragement from her university professors helped her recognize the potential of her research and move forward with developing this innovative technology. Her presentation received wonderful feedback from participants, who appreciated both her knowledge and her commitment to improving neurological health.

Alongside her research, Tiffany discussed practical habits that may support long-term brain health, including consuming omega-3s, walking for at least 20 minutes a day, and entering a restorative flow state through practices such as meditation, yoga and tai chi. She also introduced the group to the importance of gamma-wave activity and its connection to the work she is pursuing through Amygo. To [learn more, visit amygo.ca](https://amygo.ca) or [contact contact@amygo.ca](mailto:contact@amygo.ca).

Special thanks also go to Aryana Mohammed, an SFU student researcher with the SFU Lifelong Health & Wellbeing Lab, who provided our group with free access to COPE, a booklet she helped create. This valuable resource shares smart and sustainable ways to cope with extreme heat and other climate-related challenges.

We were also fortunate to hear from two of our participants. Farkhondeh spoke about how she stays active and cares for her health at age 70 through nourishing food and, especially, her love of gardening. In a beautiful gesture of generosity, she brought homemade cake and treats to share, along with fresh, healthy greens from her garden. Ela offered her perspective on the ways we care for both our health and our overall well-being, encouraging us to consider the relationship—and important distinction—between the two.

That same spirit of generosity and mutual care could be felt throughout the group. Pushpa thoughtfully brought delicious treats for the Bridging Generations team. Ela and Farkhondeh also told Melissa about the kindness of youth participant Hyne, who went to visit them the previous week to help them learn English. Youth participant Poppy shared with the group how she has offered to contribute her artistic talents by creating sketches and watercolour illustrations for our Wisdom Book. These thoughtful contributions beautifully reflect the heart of Bridging Generations: people of different ages sharing their time, knowledge and creativity with one another.

After enjoying a delicious and abundant spread of food together, we concluded the session with a creative wellness activity. Each participant made a personalized tea blend using ingredients such as rosebuds, cloves, green tea, black tea, rooibos, peppermint and hibiscus flowers.

It was a wonderful afternoon of learning, conversation and shared nourishment—a reminder that well-being is cultivated through small choices, meaningful connections and caring rituals we return to each day.

FARKHONDEH'S
CAKE



Final Summer Session Coming Up – Tues. Aug 18 (11:30 am – 1:30 pm)

Coming up in Week 8 of Bridging Generations, it's our final session for the summer where we will explore the theme of meaning.



Session 7 | Aug 11, 2026



Bridging Generations

Theme 7 - Health & Well-Being

CAPTURING SESSION SEVEN

Photos by the talented Pak & Mabel



Pak, Meibo, Melissa & Mabel



Kano, Puja, Tiffany & Bob



Poppy



Mabel



Pak holding the COPE booklet sent in from Aryana Mohammed from the SFU Lifelong Health & Wellbeing Lab



Valeria, Meibo & Danika



Guest speaker Tiffany Kurland

Contributing speakers Farkhondeh & Ela



Avril, Mary, Vincy, Maya



Wendy & Rosita



Wellness Tea Blend Station



Pak & Melissa



Avril

Mary

Vincy



Wendy



make your own wellness tea

Just a pinch of each of the benefits brings many!

- Black tea - natural caffeine + supports alertness
- Green tea - rich in antioxidants - supports cholesterol levels + alertness
- Peppermint - Settles digestion + refreshes - caffeine free + helps digestion
- Chamomile - Used for relaxation + digestion
- Cloves - aromatic + supports digestion
- Rose buds - fragrant + has antioxidants. Delicate + caffeine-free
- Rooibos - good for heart health + provides healthy antioxidants



Tiffany & Puja



Kano, Avril, Mary, Maya



Bob, Hyne, Valeria & Meibo



Bon appetit