June Wed 20th
**Don’t just sit there – do something! Movement in health and disease**
Dr Guy Bewick, Institute of Medical Sciences, University of Aberdeen
Movement not only distinguishes us from plants, it is actually vital to our health and wellbeing. We will consider how movement improves mental and physical health. And, in MND Awareness month, how studies of muscle control are searching for new ways to treat neuromuscular diseases.

July Wed 18th
**Warning: disruption ahead – emerging implications of technology on travel**
Dr Caitlin Cottrill, Geography and Environment, University of Aberdeen
From the shoes on our feet to self-driving vehicles, technology influences our travel behaviours. Join us to look at emerging trends in transport technology and what they may mean for the future traveller.

August Wed 22nd
**The science of swearing**
Dr Emily Nordmann, Psychology, University of Aberdeen
Why do we swear? Who swears the most? Why do we find seemingly arbitrary words so offensive? Come along and find out why not all bad words are all bad.

September Wed 19th
**You are when you eat – how time of eating influences body weight**
Professor Alex Johnstone, Rowett Institute, University of Aberdeen
Professor Johnstone works on dietary aspects linked to appetite control for a healthy body weight, across the lifespan. Come along to find out about the latest research on weight loss and how chrono-nutrition or timing of eating and human physiology influence body weight.

October Wed 31st
**Should clinical trials be compulsory?**
Professor Shaun Treweek, Heidi Gardner and Beatriz Goulao,
Health Services Research Unit, University of Aberdeen
The results of clinical trials help professionals and patients make evidence-based decisions about our healthcare. Encouraging people to take part and remain in trials is difficult, but everyone could benefit from the information they provide. So, should trial participation be compulsory?