Dr. Stillman earned her PhD. in Psychology (with a focus in Lifespan Cognitive Neuroscience) from Georgetown University in 2015. She then completed a T32 in Geriatric Mental Health in the University of Pittsburgh Psychiatry Department prior to joining the Psychology Department.  Her research examines how lifestyle interventions such as physical activity can be best implemented within local communities, particularly in populations at high risk for cognitive decline. Dr. Stillman's current focus is on the REACT! trial, which is an NIH/NIA funded trial testing how a novel dance-based intervention affects a racial health disparity in neurodegenerative disease. She is also a Co-Investigator on the IGNITE project, a multi-site clinical trial of exercise.

A person sitting in a chair

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