

BRAIN HEALTH

MIND & BODY WELLNESS SERIES 2

— Lunch & Learn —

OPTIMIZE BRAIN PERFORMANCE

How sleep, nutrition and physical activity influence brain health and cognitive function.

By: Dee O'Neill and Dr. Dianna Jaffin, Center for BrainHealth Brain Performance Institute

MAY 31, 2017

12:00 PM – 1:00 PM | Galaxy Rooms A & B

The human brain has far more capacity to be changed than we ever imagined. Improvements can be made throughout life—not just when we are young.

This workshop is limited to 100 participants.

Reserve your spot by registering by May 10th at:
utdallas.qualtrics.com/jfe/form/SV_5pbkx1986V8I7Vr

During this lunch and learn, you will:

- Better understand the basics of brain performance and how to improve it across the lifespan.
- Learn how lifestyle factors such as physical activity, stress and anxiety, nutrition, sleep, and social relationships affect brain performance.
- Take away actionable strategies to optimize physical activity, increase energy, reduce stress, sleep better, and build strong social bonds.
- Preview the science-based high performance brain training program known as Strategic Memory Advanced Reasoning Training (SMART) developed and available through the Center for BrainHealth.



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