

Learn How to Keep Your Brain Healthy at Free Public Session April 14 at Stockton

Preregister by April 7 for Sessions on Ways to Improve Daily Life

For Immediate Release

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- **'Nutrition and the Brain' in Meeting Room 1**

What we eat does change our brains and affects our thinking. Nutrients that have been shown to relate closely to thinking and memory, including vitamin B12, antioxidants and Omega 3 fatty acids/fish oil, will be discussed. Attendees will also gain an understanding of the brain areas these nutrients target and how these areas contribute to thinking and memory. You will understand how these nutrients positively affect the brain and learn how to incorporate them into your everyday diet.

- **'Depression and Brain Health' in Meeting Room 2**

Did you know that your mood can affect your memory and thinking? A negative mood can create a domino effect, in which depression can negatively impact one's everyday life and ability to function. The discussion will include how brain health can be improved by limiting the effects of depression and generating positive changes in mood.

- **'Building Cognitive Reserve' in Meeting Room 3**

What is cognitive reserve and why is it important? How do you improve your capacity for cognitive reserve? Find out the latest information about a growing phenomenon. Discover ways to combat age-related decline, and disorders such as Alzheimer's disease and other forms of dementia. With simple lifestyle changes and training games you can significantly enhance your personal ability to think. Learn the skills to build a stronger and sharper you.

The second session, from 5:25-5:55 p.m., offers:

- **'Exercise and the Brain' in Meeting Room 1**

We all know that physical exercise is good for the heart and lungs, but did you know it is also good for the brain? This presentation will focus on the benefits of engaged physical activity on brain health, in people of all ages. Attendees will learn more about how the brain changes with physical activity and how these changes in the brain improve thinking and memory. Attendees will hear which forms of exercise have the biggest impact on the brain, along with simple ways to add activity into daily life. "Exercise can change the brain," Dr. Fleck noted, adding that it is never too late to make physical activity a part of your daily routine.

- **'Physical Health Conditions and the Brain' in Meeting Room 2**

Many physical health conditions impact our minds as well as our bodies! Obesity, high cholesterol, and high blood pressure, which are common in our community, can increase

examples of atypical changes that deviate from healthy aging. Finally, the presentation will educate attendees on identifying atypical changes in themselves and others. # # #