



Invites you to a
PROFESSIONAL DEVELOPMENT WORKSHOP FEATURING

Dr. John Ratey

and

Paul Zientarski

New Brain Research:
How Movement and Exercise Spark Student Learning
Friday, January 18, 2019

8:30 AM – 2:30 PM

Lunch Break on your own 11:30 AM – 12:30 PM

The Cove School

350 Lee Road, Northbrook IL 60062



Best-selling author, **John J. Ratey, MD**, is an Associate Clinical Professor of Psychiatry at Harvard Medical School and an internationally recognized expert in Neuropsychiatry. Dr. Ratey has established himself as one of the world's

foremost authorities on the brain-fitness connection. With the publication of "Spark-The Revolutionary New Science of Exercise and the Brain," Dr. Ratey has embarked on a world-wide mission to re-engineer schools, corporations and individual lifestyle practices by incorporating exercise to achieve peak performance and optimum mental health.



Paul Zientarski created the "Learning Readiness PE Program" that was featured in the book "Spark" by Dr. John Ratey. He is an educational consultant and was appointed to the Illinois Stakeholder and Expert Task Force for Physical Education.

PROGRAM

During this day of interactive, active learning, participants will discover cutting edge neuroscience research about the how exercise and fitness effect the brain, enhance attention and learning. This presentation will focus on how movement is essential to brain development and will demonstrate how locomotor activities are critical to academic success. Special emphasis on the neuroscience of exercise and how it relates to ADHD will be discussed. There has been a wealth of studies both in the laboratory, clinically, and epidemiologically that indicate that moving our bodies and our muscles has a direct effect on building and preserving our brains. The increase in oxygen and improvement in our cardiovascular system and its indirect effect on the brain is obvious. This presentation will outline the convincing arguments that our large thinking brains evolved to help us be better movers and that each time we move we activate and strengthen our 100 billion cells and keep them ready to learn and remember. The brain's chemistry is changed when we move, improving our attention and compensating for many learning challenges. Paul Zientarski will present ways to integrate exercise programs such as The Learning Readiness Physical Education program used at Naperville Central High School and brain breaks into your teaching practices. Participants will receive tips for classroom layout and furniture as tools to support movement. The day will include participatory movement activities, so participants should be ready to move!

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REGISTRATION

Please fill out the registration form below and scan and email it to ssanderman@coveschool.org. Alternatively, you can mail it to The Cove School. For questions, please contact Stephanie Sanderman at ssanderman@coveschool.org or 847.562.2100.

Name(s) _____ Employer _____

Profession _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

How did you hear about this program?

To express our gratitude to the community, and to all those who serve students with special needs, we offer this presentation **FREE** of charge.

Registration is required. RSVP by January 11th, 2019

Professional Development credits and CEU's for social workers will be available. A charge of \$15 (cash or check payable to The Cove School) will be required at the time of check in.

The Cove School provides highly individualized education & life strategies for students with learning disabilities.

