



PRESENTS A COMMUNITY EDUCATION EVENT FEATURING
Dr. John Ratey

New Brain Research: How Movement and Exercise Spark Student Learning

Thursday, January 17, 2019

6:15 PM Registration

6:30 PM Program

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.

PROGRAM

During this evening of interactive, active learning, participants will discover cutting edge neuroscience research about the how exercise and fitness affect the brain, enhancing attention and learning. This presentation will focus on how movement and play 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. 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.

Please RSVP by filling out the form on the next page and returning it to Cove's front office by Friday, January 11th 2019.

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RSVP

Please RSVP by filling out the form below and returning it to the Cove front office by Friday, January 11th, 2019. Or, RSVP to Stephanie Sanderman at ssanderman@coveschool.org or 847.562.2100.

Guests are welcome.

Name(s) _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

How did you hear about this program?

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

