

# BRAIN FITNESS FORUM

Sunday, June 11, 2017 · 9:15 am – 4:15 pm



Celebrate Brain Awareness Month with us by participating in our inaugural Brain Fitness Forum.

- Gain useful information from experts on ways to maintain cognitive sharpness.
- Experience hands-on activities to stimulate your mind.
- Learn new strategies for brain health.



## KEYNOTE SPEAKERS: 11:00 AM – 3:00 PM · FISHER FAMILY HALL

Alzheimer's Disease: An Update Dr. Michael Weiner	11:00 – 11:45 am
Growing & Managing Your Brain Health Dr. Michael Merzenich	12:15 – 1:00 pm
How to Slow Brain Aging Without Trying Robert F. Halliwell, PhD	2:15 – 3:00 pm

## ADDITIONAL ACTIVITIES: 9:15 AM – 4:15 PM

Makor Or Meditation Ellen Shireman	9:15 – 10:00 am	Room 209
Scented Dreams: A Lavender Sachet-Making Workshop David Gardella	9:45 – 10:30 am	Room 223
Coloring Craze Martha Russell	10:00 – 10:45 am	Art Studio
LAUGHTERyoga Kazuyo L.E. Shimokawabe	10:00 – 10:45 am	Room 206
Hearing Loss & Dementia Jessie Johnson	10:45 – 11:30 am	Room 209
Growing Healthful Herbs at Home David Gardella	Noon – 12:45 pm	Room 223
Coloring Craze Martha Russell	1:00 – 1:45 pm	Art Studio
Chen-Style T'ai Chi Gideon Sughrue	1:00 – 1:45 pm	Room 206
Concert Performance Community Music Center 30th Street Senior Center Chorus	1:15 – 2:00 pm	Atrium
Brain Boot Camp Christian Thompson, PhD	1:15 – 2:00 pm	Room 209
Learn Yiddish – The Silent Way Method Dr. Jim Kohn	2:00 – 2:45 pm	Room 223
Film Screening: <i>My Love Affair with the Brain</i>	3:15 – 4:15 pm	Room 206

Advance registration is highly recommended. To register, call 415.292.1200 or visit [jccsf.org/brainfitness](http://jccsf.org/brainfitness).



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