



FREE WELLNESS SEMINAR

WEDNESDAY June 6th, 2018

11:45 AM - 12:30 PM

Speaker: Dr. Eric S. Boyer, Ph.D

Topic: "Good for the Body, Great for the Mind"

Dr. Boyer will be speaking on the latest neuroscience contributing to the connections between exercise and the brain.

He will be summarizing the work compiled by Dr. John J. Ratey who is the bestselling author of the book "Spark, revolutionary new science of exercise and the brain"... The talk will center around how exercise improves learning, motivation and the motivation to learn, as well as alleviates stress, anxiety and some age-related disorders.