Get To Know Your Brain!

FREE – FUN EVENT
Saturday April 11
10am - 3pm

Exhibits!
❖ Put your brain to the test
❖ Lots of hands-on activities
❖ For all ages, families and interests

Talk to scientists!
Learn more about the Brain & How it Works:
10:00  Welcome to Neuroanatomy 101
10:30  Benefits of Exercise on the Brain
11:45  Mindfulness Techniques to Improve Memory
1:15   Sleep and the Brain

Location: Samuel Merritt University Health Education Center
400 Hawthorne Ave. Oakland, CA 94609

Free Parking: Enter Summit Garage at 3131 Summit St.
Questions? Email Barb Puder PhD, BPuder@samuelmerritt.edu