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**And**

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**Presentation Title:**

Brain Health Across Your Lifespan

Free Seminar

**Winter Park Towers**

**1111 South Lakemont Avenue**

**Winter Park, FL 32792**

**Friday, June 18<sup>th</sup> 2010**

**9:30 a.m. – 11:30 a.m.**

**Learning Objectives**

- ❖ Participants will learn the basics of the human brain.
- ❖ Participants will learn about animal brain research and the implications of neurogenesis for the human brain.
- ❖ Participants will learn about recent human brain research suggesting brain cell generation.
- ❖ Participants will learn about brain health and the importance of a lifelong proactive approach.
- ❖ A practical lifestyle for brain health will be reviewed.

Please contact Cindi Spurgeon for more information

The Alzheimer Resource Center

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Orlando, FL 32803

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**Presented by**



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