

Upcoming Event with Dr. Gary Small—Keeping Your Brain Young: The Intersection of Science and Lifestyle

Gary Small, M.D., is Professor of Psychiatric and Biobehavioral Sciences, the Parlow-Solomon Professor on Aging at the David Geffen School of Medicine at UCLA, Director of the UCLA Center on Aging, and leading expert on memory, aging and the brain.

Dr. Small's team has developed a brain imaging technology that allows physicians to detect the first signs of brain aging, and Alzheimer's disease years before patients show symptoms.

With this knowledge, Dr. Small will share the latest medical and scientific evidence and show how to protect your brain to live better, longer. You will hear the research-based evidence about the effect that lifestyle has on your ability to live with health, vibrancy, and cognitive sharpness.

Dr. Gary Small is the author of the *Memory Bible*, which is the text book for the memory classes with the Healthy Brain Initiative of Lee County.

The Healthy Brain Initiative of Lee County and Shell Point Retirement Center has joined together to present this exciting presentation by Dr. Gary Small on Friday, February 12 at the Shell Point Retirement Center. Please call for more information on how to obtain a ticket at 239-454-2067 or visit www.shellpoint.org.

This is an evening that you don't want to miss!!!