



Please join Rob Winningham, PhD, as he shares his latest “Use it or Lose it” memory and aging research at this special event.

Brain Exercises

Use it or Lose it: How older adults can maintain or even improve their memory ability

Friday, March 12, 2010 from 3-4:30PM

Hosted by Canby Adult Center

1250 S. Ivy Street Canby, Or 97013

There is mounting evidence that lifestyle factors, including staying mentally active and eating a nutritious diet, can help to prevent memory problems associated with dementia. Dr. Winningham, professor in neuroscience at Western Oregon University, will present the latest research on the “Use It or Lose It” theory of memory and aging. He will discuss how new neurons can be created at any age.

Recent research, including that published by Dr. Winningham, shows that adults **can improve** their brains! He will give practical ways adults can increase their level of brain stimulation and thereby decrease their chance of developing memory problems.

To Register:

Call Mary Reitan 503-502-4509

Cost: Free

“Use it or Lose it” Memory Enhancement Classes are scheduled to begin on March 30, 2010 from 10AM-12:00

For information: contact
Mary Reitan 503-502-4509

www.themasplace.org