building brain health

perscription for better memory

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Summary:**

In this session of Building Brain Health, Dr. Rob Winningham discusses research-based information as to what influences memory ability and our chances of developing dementia. He also discusses the benefits of cognitive stimulation exercises, physical activity, and mindfulness training on memory. Finally, Dr. Rob covers key components of attention, concentration, and inhibition, and their role in improving our ability to make new memories.

*“Everything we do, every thought we've ever had, is produced by the human brain. But exactly how it operates remains one of the biggest unsolved mysteries, and it seems the more we probe its secrets, the more surprises we* find.” – Neal deGrasse Tyson

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