building brain health

traing your brain

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

**Summary:**

In this session of Building Brain Health, Dr. Rob Winningham discusses Neurogenesis and how we grow new neurons and make new memories in the hippocampus. He also shares how the brain is malleable and can continue to grow and adapt if we challenge it by learning new and complex tasks. When we exercise our brain, we also maximize our cognitive reserve.

*“The emotional brain responds to an event more quickly than the thinking brain*.” – Daniel Goleman

# NOTES:

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