building brain health

eating for a healthier brain and body

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

**Summary:**

In this session of Building Brain Health, Dr. Rob Winningham discusses the effects of diet on our brains and on our bodies. He also shares how fruits and vegetables can prevent cells from dying due to the powerful antioxidants that they contain and how what we eat even affects how we age. He also shares the best foods to eat based on current research to maximize brain and body health.

*“In music one must think with the heart and feel with the brain.”* – George Szell

# NOTES:

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