

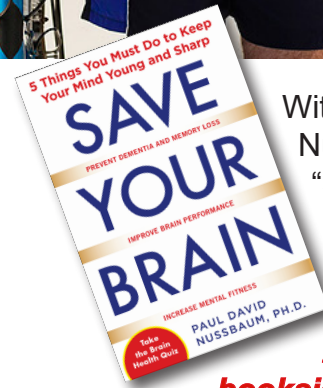
Did you know that you have considerable control over your *brain function* throughout life?



Depending how you use it, your brain continues to **grow, change and repair** itself throughout your lifetime.

No matter your age, knowing how your brain works and which lifestyle choices affect its health is key to wellness and longevity.

Join us for a personal, fun, and informative seminar with Dr. Nussbaum and learn about the five key brain-health areas for an optimally functioning brain and mental sharpness!



With Dr. Paul Nussbaum, author of "Save Your Brain"

**Meet & Greet
Dr. Nussbaum
at the March
22nd, 2013**

booksigning! Join us at

7pm at Barnes & Noble, 4010 S. Tamiami Trl., Sarasota, FL 34231

**Saturday, March 23, 2013
9am to 11:30am**

Seminar Location:

Pines of Sarasota
Cullers Hall (Admin. Bldg.)
1501 N. Orange Ave.
Sarasota, FL 34236

Cost:

- \$30 for non-professionals
- \$45 with 2 CEUs for NHAs, RNs, LPNs, ARNPs, SWs

For more information call JoAnn Westbrook at (941) 365-0250, Ext. 1114.

Sponsored in part by



Dr. Paul Nussbaum is a licensed neuropsychologist, Adjunct Professor of Neurosurgery at the University of Pittsburgh School of Medicine, and a leader in brain health and

brain health lifestyle. He is known for his ability to take the complex and make it personally relevant. There is no greater, more miraculous system than the human brain, and Dr. Nussbaum serves to educate all about this wonder.

Are you a family-caregiver? Apply for complimentary respite care so you can attend this event! Call (941) 365-0250, Ext.1114.



Seating is strictly limited. Purchase your ticket today at
www.2012brainhealth.eventbrite.com