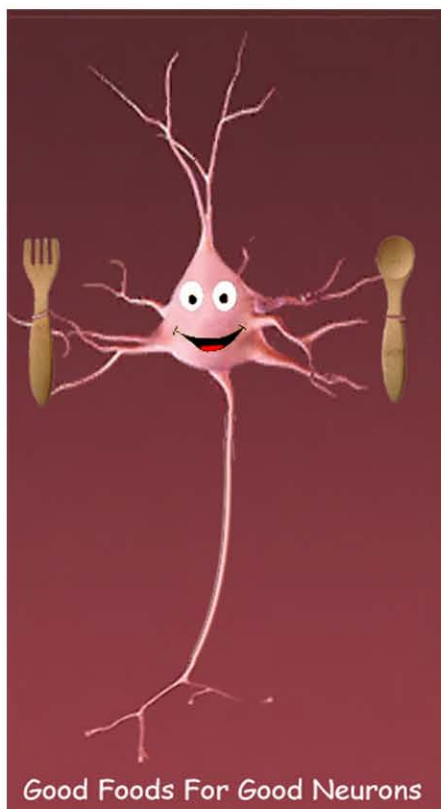


THE NEUROSCIENCE INSTITUTE

UNIVERSITY OF TENNESSEE HEALTH SCIENCE CENTER

Brain Awareness Week 2009



Food For Thought: What to Eat For A Better Brain

When

Thursday, March 26, 6:30 – 8:30 pm

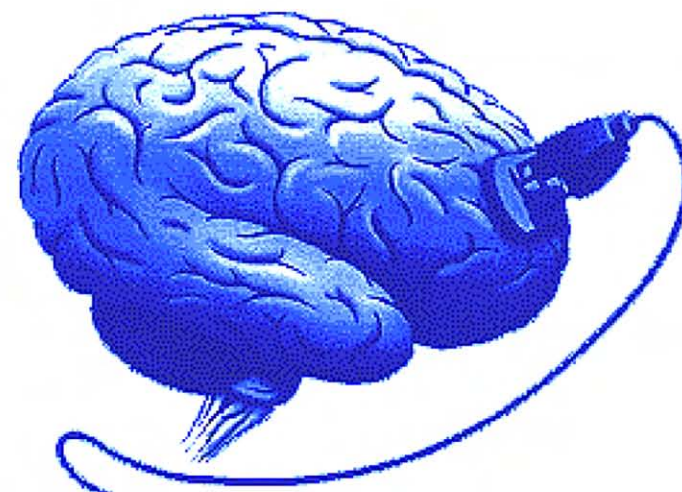
Where

The Urban Child Institute 600 Jefferson Ave.

This program for the general public will feature two presentations by internationally known scientists on the importance of diet for brain development and the maintenance and enrichment of a healthy brain in adulthood. Dr. Patricia Wainwright, a neuroscientist from the University of Waterloo in Canada, will talk about the various ways that proper diet is necessary for the early critical periods of a developing brain and how dietary supplementation might improve brain functioning. Dr. Fernando Gómez-Pinilla, a neuroscientist from the University of California in Los Angeles who has said "food is like a pharmaceutical compound that affects the brain," will speak about how food affects the brain and how to utilize diet to enhance mental functioning in the brain. Dr. William E. Armstrong, Director of the University of Tennessee Neuroscience Institute, will moderate the program.

This program is directed toward parents, teachers, and health professionals. Professional training hours (CEUs) will be provided by the UT Neuroscience Institute. For more information, contact Dr. Paul Herron, UT Neuroscience Institute (448-5824). Space is limited. Please pre-register with Ms. Brenda Williams, The Urban Child Institute (526-1822; bwilliams@theurbanchildinstitute.org). Attendance is free.

Refreshments from 5:30-6:30 pm



**Plug Into
Neuroscience!**