



MONDAY, SEPTEMBER 19, 2016
7-8:30 PM
BUSH AUDITORIUM AT ROLLINS COLLEGE
BOOK SIGNING FOLLOWING EVENT

EXERCISE: THE PERFECT ELIXIR FOR YOUR BRAIN!

John J. Ratey, MD is the author of "SPARK: The Revolutionary New Science of Exercise and the Brain," which discusses the importance of physical activity and play, and its effect on the brain. Dr. Ratey serves as Associate Clinical Professor of Psychiatry at Harvard Medical School and is an internationally recognized expert in ADHD, autism and aggression. He has spent his career teaching and helping many audiences understand how to take care of their brains and focus on exercise as a tool. His work is frequently profiled in the media, where he's been featured on *ABC, CBS, NBC, PBS* and *NPR*, as well as in *The New York Times, Newsweek, The Washington Post, US News* and *World Report, Men's Health*, and other national publications.

Co-Sponsored by:



JOHN J. RATEY, MD
AUTHOR OF
"SPARK: THE
REVOLUTIONARY NEW
SCIENCE OF EXERCISE
AND THE BRAIN"
AND
"GO WILD"

UNDERSTAND HOW TO
TAKE CARE OF YOUR
BRAIN AND FOCUS ON
EXERCISE AS A TOOL

LEARN ABOUT THE
IMPORTANCE OF
PHYSICAL ACTIVITY
AND PLAY, AND ITS
EFFECTS ON THE BRAIN

FREE PUBLIC LECTURE
NO RESERVATION OR
TICKETS REQUIRED

BUSH AUDITORIUM
AT ROLLINS COLLEGE

1000 Holt Ave.
 Winter Park, FL 32789

Parking available at
 SunTrust Parking Garage
 203 E. Lyman Ave.
 Winter Park, FL 32789

For more information
 contact the Rollins Center
 for Health Innovation at
 407-646-2130