

Dept of Physical Education & Recreation Studies

in partnership with **Ever Active Schools**

present

Exercise and the Brain

the crucial connection



Dr. Ratey is an associate clinical professor of psychiatry at Harvard Medical School. He continues to teach as an instructor in Harvard's Continuing Medical Education program.

His most recent book "SPARK" is a ground breaking exploration of the connection between exercise and the brain's performance that shows how even moderate exercise will supercharge mental circuits to sharpen thinking, enhance memory, beat stress, and improve focus and attention in individuals with ADHD.

7:00 pm Wednesday, April 28, 2010

Leacock Theatre, Mount Royal University
4825 Mount Royal Gate, S.W. Calgary, AB

For more **INFORMATION** visit www.mtroyal.ca/physed

For tickets visit www.mtroyal.ca/tickets

403-440-7770

\$15/person