

Graduate Center Lecture Series on *Healthy Living* presents

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Lifestyle and Brain Health

We will trace how our lifestyle has changed over the past 10,000 years and its consequences for “health span” with particular focus on the brain and the non-communicative diseases that affect it, such as neurodegenerative disease. Aspects of lifestyle to be discussed will include stress, physical and cognitive exercise, and diet. This jargon-free lecture is open to the academic community and beyond, and no special knowledge will be required.

Tuesday, March 8, 2016

5:30-6:30 pm

Thomas W. Keating Bioresearch Building, Room 103

1657 E. Helen Street, Tucson, AZ

Sponsored by

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Full Schedule at <http://bit.ly/UAHealthyLiving>