

## Join Us January 25 To Learn More About Maximizing Your Potential

The brain is the most vital organ to everyday-life functioning. It is just as essential to measure and monitor brain fitness, as it is to measure and monitor physical fitness. In the last five years, we have proven that more can be done to keep the brain healthy than any other part of the body. Elite military service members spend hours preparing and conditioning their physical bodies. By evaluating brain fitness and applying proven brain-training methods, the Center for BrainHealth will train warriors to think smarter and exploit their greatest natural resource – their brain.

We are living in the age of information, and the world is moving at a faster pace than it ever has before. You have to train your brain to keep up. At the Center for BrainHealth, you'll learn how to organize, prioritize and process information in the most efficient way to improve your productivity and way of life. Train your brain just like you train your body and reap the rewards. Learn how to:

Maximize brain function  
Improve quick decision-making  
Achieve higher levels of efficiency  
Laser-focus on crucial problems and tasks  
Envision future states & create multiple solutions

Take control of time  
Enhance mental productivity  
Separate relevant & extraneous information  
Be aware of habits that may drain the brain

### Join us to learn more

**What: Free lunch and discussion**

**When: Friday, January 25 at 11:45 am**

**Why: To learn how you can reach your brain's potential.**

**Where: Center for BrainHealth, 2200 West Mockingbird Lane**

**For more information, call Josh Lewis at 858-353-7288 or Mike Rials at 972-883-3416.**

Training military service members to think smarter will:

- Enhance frontal lobe capacity, the core problem-solving and judgment center of the brain
- Increase brain blood flow by 8% in two key areas of the brain: the hippocampus, the area of the brain responsible for memory and learning, and the frontal lobe, the higher order cognitive command center
- Provide the analytical skills necessary to fluidly solve complex problems
- Enrich decision-making in rapidly changing environments

**Should you choose to participate, your information will be completely confidential with no information shared with anyone but you. The training is free of charge.**