

# BRAIN FUTURES

Translating Science to Advance Human Potential

Greetings from BrainFutures,

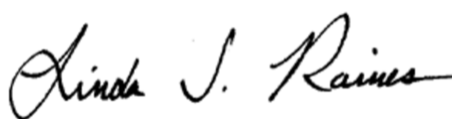
With all of our inboxes being filled faster than usual, we at BrainFutures have decided to take a break from our regular newsletter for now and to only be in touch when we have something timely to share. This will mean that when you see our name pop up in your notifications, you'll be guaranteed there is content worth your immediate consideration.

Toward that end, we wanted to let you know about a **free** web series that our friends at the Aspen Brain Institute have put together. This event will focus on what we can do to promote brain health, especially during a time when most of us are looking for new strategies to keep ourselves calm, healthy, and positive. Starting May 4, this Zoom Expert Series will feature a different guest expert every Monday. Most sessions start at 4pm (MDT). For more information about this event and how to register, see below or click [here](#).

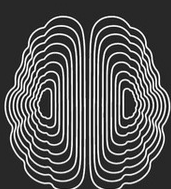
We look forward to getting back to more regular communications once the urgency of this moment passes, but rest assured that great work continues here as we position ourselves for the release of two more issue briefs this year—targeting effective and innovative mental health treatments, and the optimization of workplace performance and mental wellbeing. We've also hired a new chief strategy officer, and we are creating a supplement to our issue brief released in September 2019, [Brain Fitness and Executive Function: Evidence-Based Interventions that Improve Student Outcomes](#). This will be a guide that shares what home-based offerings are now provided by the programs featured in the brief. Stay tuned!

All of us here at BrainFutures wish you health and wellbeing.

Warmly,



Linda Raines, Chief Executive Officer  
BrainFutures & Mental Health Association of Maryland



aspen  
brain  
institute

## EXPERT SERIES

**Aspen Brain Institute EXPERT SERIES** is a free Zoom series featuring experts whose ideas, research and perspective can help you better understand how to take your brain's health into your own hands. The purpose of this series is to increase Brain Health literacy and share access to the top minds and evidence-based research on Brain Health.

May 4



**DR. BARZILAI**  
**HOW TO DIE YOUNG AT A VERY OLD AGE**

Dr. Nir Barzilai is the Director of the Institute for Aging Research at the Albert Einstein College of Medicine. In contrast to common belief, Dr. Barzilai believes that aging can be modified, even greatly delayed. His Longevity Gene Project is looking at 700 centenarian families, attempting to discover unique longevity genes.

May 11



**ED HARROLD**  
**BREATH AS MEDICINE FOR BRAIN HEALTH**

Join Ed Harrold, author, leadership coach, educator, motivational speaker and thought leader, to learn simple breathwork strategies for optimal cognitive and emotional Brain Health. He will teach you all about the "body OVER mind" psychology of peak performance and organizational results.

May 18



**DR. CHAPMAN**  
**BRAIN OPTIMIZATION: BETTER BRAIN & LIFE**

Dr. Sandi Chapman is the Founder and Chief Director of the Center for BrainHealth and the co-leader of The BrainHealth Project™. Dr. Chapman asks us: Shouldn't your best brain years be ahead? Learn what you can do NOW to extend the clock for enhanced Brain Health fitness to align with the gift of increased longevity..

May 26



**DR. SINCLAIR**  
**WHY WE AGE AND HOW TO REVERSE IT**

Dr. David Sinclair is a Professor at Harvard Medical School and TIME magazine has named him one of the "100 Most Influential People in the World." In this session, Dr. David Sinclair proposes a radical new theory of aging. Learn why this award-winning scientist believes that aging may be optional.

June 1



**DR. FENN**  
**COOKING IN THE BRAIN HEALTH KITCHEN**

Join Dr. Annie Fenn for an introduction to the **Brain Health Kitchen**, where she will tell you why eating brain-healthy foods can also help boost immunity and mental health. Experience a hands-on cooking demonstration of "A Brain-Healthy Dinner for Spring." Recipes will be provided.

**REGISTER at ASPENBRAININSTITUTE.ORG**



[Manage](#) your preferences | [Opt out](#) using TrueRemove®

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

BrainFutures 1301 York Road, Suite 505  
Lutherville, MD | 21093 US

This email was sent to .

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.