

# ***Newark Community Brain Health Seminar*** ***(and Brain-Healthy Buffet Luncheon)***

Free public lectures on brain science and brain health, accessible to all regardless of background or prior training. Sponsored by the *Aging & Brain Health Alliance* and *Center for Molecular and Behavioral Neuroscience*.

**Friday, October, 25<sup>th</sup>**

**11am-12noon. Lunch follows.**

## **Exercise and Brain Plasticity**

**Kirk I. Erickson, PhD**  
***University of Pittsburgh***

Physical activity decreases the risk for brain diseases and disorders, ameliorates symptoms, improves function, and increases brain volume and that we are beginning to have a better understanding of the factors that moderate and mediate these associations. Overall, physical activity is an important modifiable lifestyle that carries significant consequences for learning, memory, and brain health for people of all ages.

**Location: Aidekman Seminar Room, 197 University Avenue, Newark, NJ, Rutgers University - Newark**

**RSVPs REQUIRED:** To reserve a seat at the talk and the luncheon to follow, please call Lisa Haber-Chalom at **(973) 353-3673** or email **lhchalom@newark.rutgers.edu**