



Maximising Memory

Nottinghamshire

11:00am to 12noon

Maximising Memory

Rethinking Health will be providing a talk followed by a discussion so that we can share much of the new research into:

- Improving our memory
- Growing new brain cells
- Avoiding dementia and Alzheimer's

Who is the course for?

This is for absolutely anyone interested in understanding more about how our memory works and how we can keep it in really good order no matter what age we are.

Exposing some myths and revealing some truths

It used to be said that the adult human brain could not grow new brain cells and always had less and less memory cells as we aged. It is only recently that this has been shown to be completely untrue as MRI scans proved that, on good diets, people over 90 years of age were growing new cells in their brain's memory centre.

There are more myths out there, with perhaps the worst being that it is a lottery as to who will suffer dementia. The evidence is the exact opposite as it is our lifestyle choices that determine whether our memories worsen or improve with age.

Outline

- What the latest research says about memory
- How we can improve our memory and avoid dementia
- Understand what helps our brains to repair

To find out more and to book a place

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