Welcome to the first edition of the Brain Futures newsletter!

The level of innovation occurring in the field of brain health and fitness is absolutely astounding. As a community, we are united in our drive to share evidence-based news and resources about ways to improve brain health through all stages of life.

For frequent updates, please follow us on social media:

Facebook | Twitter | Instagram

We want to hear from you: what brain health topics would you like us to explore?

Thank you,
Karen Alexander, Program Director
kalexander@brainfutures.org

BrainFutures Attends the AspenBrainLab
In July, members of the BrainFutures team attended the AspenBrainLab in Colorado. The one-day session featured 12 thought leaders who shared their insights on the latest research into the brain.

The afternoon session took the audience on a deep dive into Alzheimer’s disease with lectures from Dr. George Vradenburg, Dr. Mark Hyman, and Dr. Adam Gazzaley.

In coming weeks, we will highlight new collaborative relationships with our network to bring information to the BrainFutures community.

Our Mission
BrainFutures works to accelerate access to effective neuroplasticity-based brain health practices to improve human outcomes.

Our Vision
Our vision is a future where brain health practices are readily accessible to everyone and where highly trained brain health professionals are available to help people of all ages reach their optimal brain health.

Now that the foundation is in place, we will highlight new collaborative relationships with our network to bring information to the BrainFutures community.

Please submit information that highlights new collaborative relationships with our network to info@brainfutures.org.

Brain Facts
1. Your brain generates enough electricity to power a 25 watt lightbulb.
2. There are no pain receptors in the brain. Your brain trained surgically removes the pain from your body.
3. Every brain you network with can be connected to your brain through the spine.

Exercise and Aging: You’re Never Too Old to Benefit
Do you think you’re too old to exercise? According to Dr. John Ratey, Harvard psychiatrist and author of Brain: The Revolution New Science of Exercise and the Brain, it’s never too late to get in shape.

At our 2017 BrainFutures conference, Dr. Ratey noted that you can help slow the aging process and prevent chronic diseases by exercising regularly and eating healthy.

Brain Food Spotlight
Did you know that avocados are an excellent source of brain vitamins? Y Up to 50% of the energy in avocados comes from high-density monounsaturated fats, which help protect the aging brain from oxidative stress while providing nutrients that can improve memory and executive function. One avocado can provide

For more information, please visit our website at brainfutures.org.

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