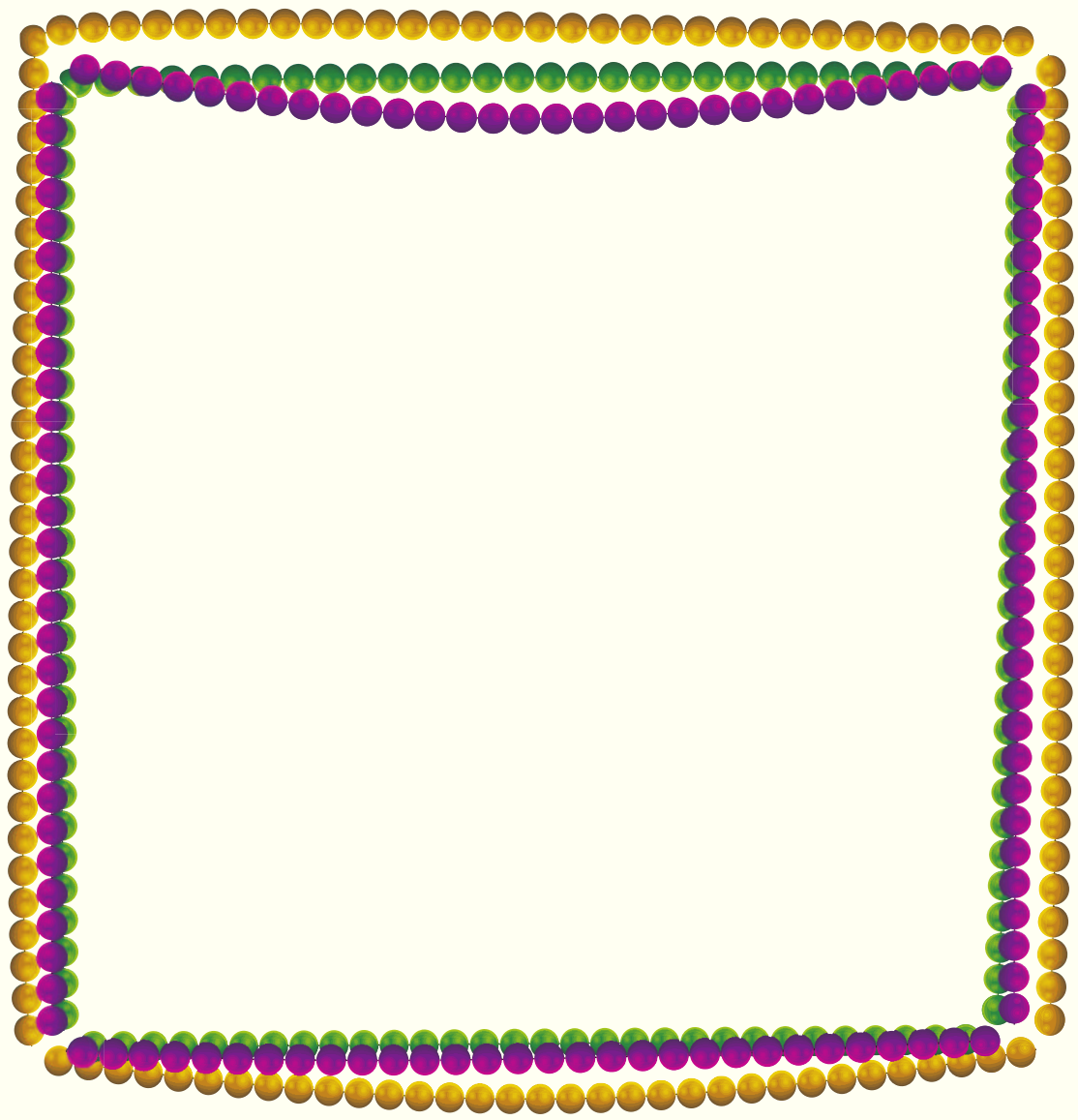


★ GBM #4 ★



sign in



groupme



PRESIDENT UPDATES

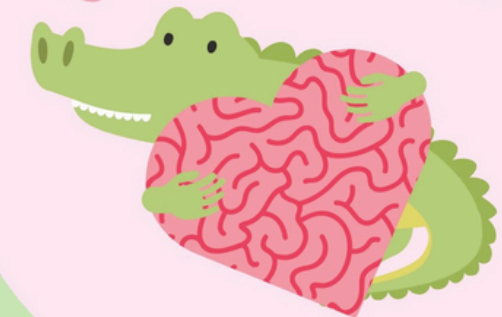
Neuro Club Pins

- **What:** We are now selling pins for \$3 and we have 2 super cute designs you can choose from!
- **Where:** We will be selling them after each GBM for the rest of the semester
- **Point:** 1 Fundraising point

LITTLE MISS
NEURO CLUB



UF NEURO CLUB



PRESIDENT UPDATES

New Universal Point Opportunity

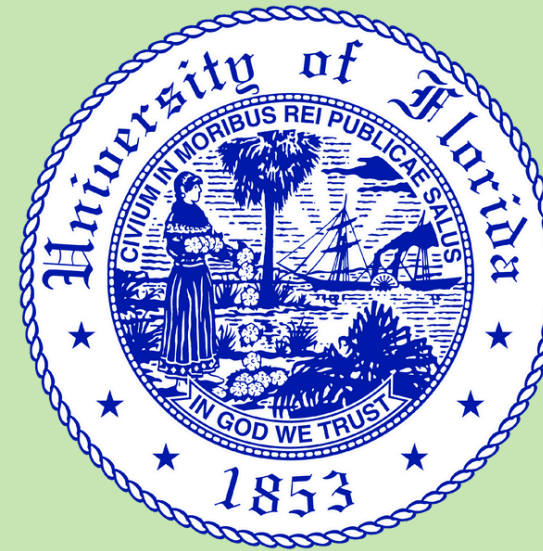
- **What:** Members who wear their Neuro Club merch (t-shirt or sweatshirt) to a club event, take a selfie with the e-board member in charge, and email the photo to caitlinbrennan@ufl.edu will earn 1 universal point!
- **When:** For the rest of the semester



PRESIDENT UPDATES

Medical Student Panel

- **When:** March 5th at 6 PM
- **Where:** Virtual on Zoom ([link](#))
- **What:** Join us for a panel discussion with medical students from UF, UM, FSU, and Wake Forest as they share their experiences applying to medical school
- **Point:** 1 Universal Point



PRESIDENT UPDATES

Medical Student Application Help

Med school
application
help! 🧑⚕️



Hello all!

Need help with med school applications? Happy to! My name is Marina Waisenberg and I'm a current senior at UF (graduating May 2025). I applied to medical school this past cycle and was lucky to receive 10 MD interviews and several acceptances (still waiting to hear from some programs)! I would love to help others (FOR CHEAP) through this next cycle with primary and secondary applications. Please text me if interested!

PRESIDENT UPDATES

Presentation Skills and Scientific Communication with NCF SfN

- **When:** March 13th at 4 PM
- **Where:** MBI room LG-101
- **What:** Learn tips and tricks for how to present your research, either for a poster presentation or talk, from 4th year Neuroscience PhD Candidates in NCF SfN
- **Point:** 1 Universal Point



PRESIDENT UPDATES

Newsletter

- Our biweekly newsletter is sent out every other Sunday, providing updates on events, member highlights, professional opportunities, and more!
- Sign-Up:
 - If you'd like to receive the newsletter, [please fill out this form](#) or scan here:
- If you already signed up last semester, no need to sign up again!



Website

- On here, you can keep track of your points, sign up for events, access past GBM slides and resources, and so much more!
- Here is the link to our new website:
 - [NEW WEBSITE](#)
- If the above link does not work, please access it through this [other link](#)!

IVP UPDATES

PMP Exclusive Event

- Paint Swap with your mentee/mentor!
- When: March 7th 6-7PM
- Where: Matherly 0016
- Who: PMP members!

Sign up Form!!



PMP Check in #1

- March 7th at 11:59PM
- Required to receive points at end

IVP UPDATES

Thanks to everyone who came to our neuroscience of love event!



EVP UPDATES

Project Downtown

- When: March, 9th at 12:50PM
- Where: Outside Gainesville City Hall (200 E University Ave)
 - we will have a carpool as this is an off campus event! signing up to drive others is **1 universal point!**
 - [Sign up here](#) to drive or be driven!!!
- What: Join us to help serve warm meals to the underserved community in Gainesville!
- Points: **1 outreach point for attending**
- Sign Up: [use this link!](#)
 - Spots for this event are limited!!!!!!!!!!!!!!
 - If something arises, you may remove your name from the list *but please* notify others of an open seat in the GroupMe

EVP UPDATES

Tabling

- When: Tuesday, March 11th from 10AM–1PM
- Where: Turlington
- What: Join us to promote the Neuro Club to other UF students!
 - even if you have never tabled/been in the club before you're more than welcome to come out
- Points: 1 outreach point
- Sign Up: [use this link !](#)

EVP UPDATES

Brain Awareness Week

- When: March 24th– 28th
- What: Every day of the week we will have a different neuroscience themed event!
 - this is a super great opportunity to get your points in and become an active member !!!!!!!



EVP UPDATES

Neuro Game Night

- When: March 24th at 4PM
- Where: LIT0221
- What: Join us for a fun neuroscience themed game night putting different regions of your brain to the test!
- Points: 1 **outreach** point
- Sign up: [use this link!](#)



EVP UPDATES

Neuro Potluck

- When: March 25th from 6–7PM
 - (right before our next GBM)
- Where: Plaza of the Americas
- What: Come share brain healthy foods and learn about how they improve cognition!
- Points: 1 social point
- Sign up: [use this link!](#)

5 FOODS LINKED TO BETTER BRAINPOWER

GREEN VEGGIES



1. Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

FATTY FISH



2. Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid — the protein that forms damaging clumps in the brains of people with Alzheimer's disease.

BERRIES



3. Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows.

TEA + COFFEE



4. Coffee and tea might offer more than just a short-term concentration boost. In a recent study, participants with higher caffeine consumption scored better on tests of mental function.

WALNUTS



5. Nuts are excellent sources of protein and healthy fats, and walnuts in particular might also improve memory, according to a study.

Created by:
www.health.harvard.edu

EVP UPDATES

BAW Tabling

- When: March 26th from 10AM-1PM
- Where: Turlington
- What: Join us to promote neuro club and engage others in fun neuroscience themed activities!
- Points: **1 outreach point**
- Sign up: [use this link](#)



EVP UPDATES

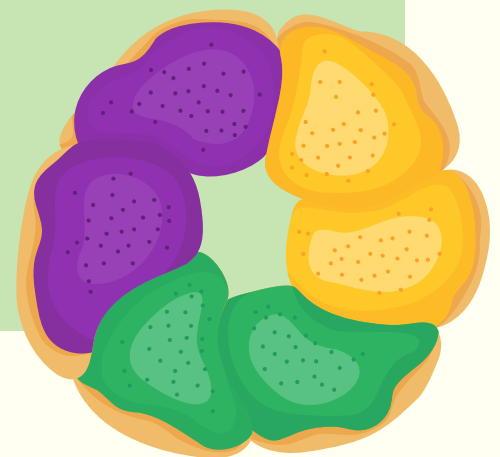
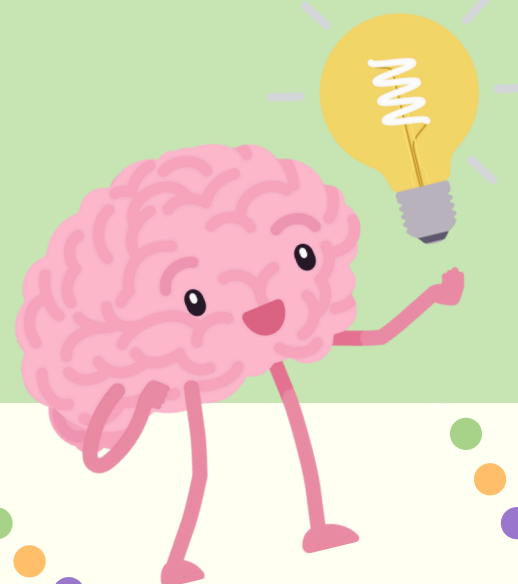
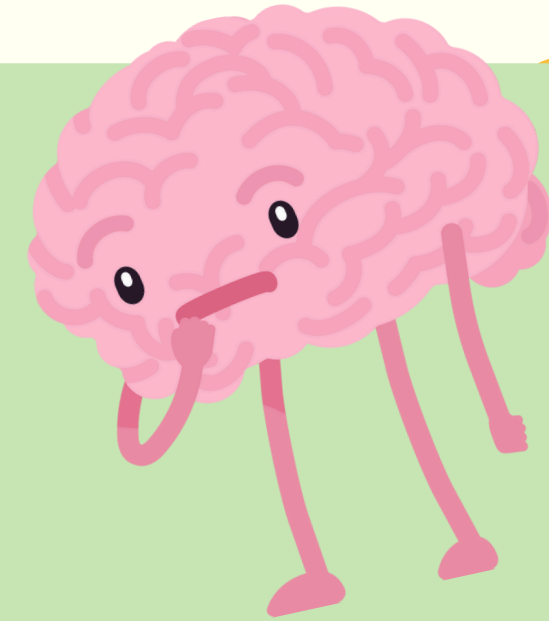
Neuro Yoga

- When: March 27th at 4:30PM
- Where: TBD
- What: Join us for a brief presentation of mindfulness followed by a beginner-level yoga class !
 - Members must bring their own mats or towels
- Points: **1 social point**
- Sign up: [use this link](#)

EVP UPDATES

Neuro Disabilities/Emergencies Workshop

- When: March 28th at 4PM
- Where: LIT0221
- What: Join us for a workshop related to the neuroscience behind certain disabilities + how to recognize/respond to different neuro-related emergencies (strokes, seizures, spinal cord injuries), then a fun jeopardy game to test your knowledge + win some candy!
- Points: **1 Outreach point**
- Sign up: [use this link](#) !

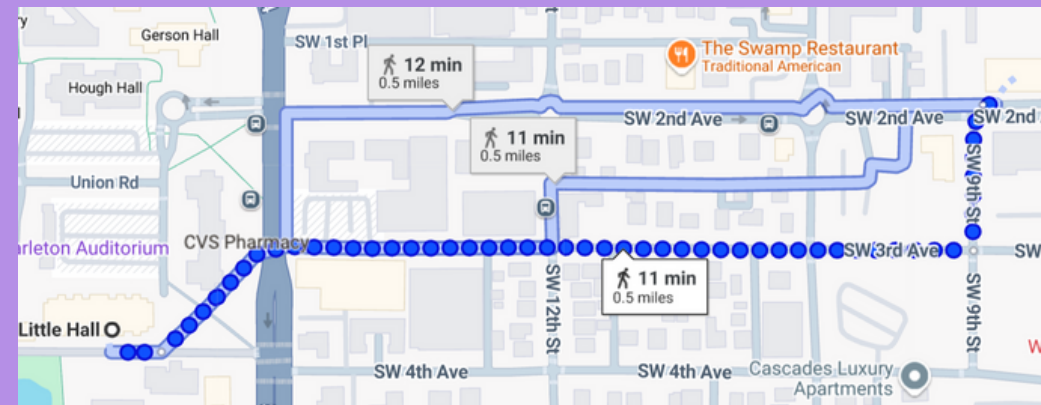


★ TREASURER UPDATES

fundraising point opps!

- OPUS fundraiser!!
 - this thursday (3/6)
 - @ innovation location
 - 9am-1pm
 - receipt submission form

**11 min walk from
here!**



- stickers (\$2) - 1 fundraising point
- raffle (\$5) - 1 fundraising point per entry
 - extended to
 - win a cool tote bag!!

SECRETARY UPDATES

Membership

- Our club is open to all undergraduate students! We do not have any dues or requirements, but we do offer active membership!
- Perks include: sheep brain dissection, discounts on merch, a tour of the MBI, end of semester banquet, and more!

Active Membership

- Point Requirements
 - 3 GBM
 - 2 Social
 - 2 Outreach
 - 2 Fundraising

Universal Points

- Universal points can count or fall under ANY category!
- There will be multiple opportunities throughout the semester

SECRETARY UPDATES

Resources

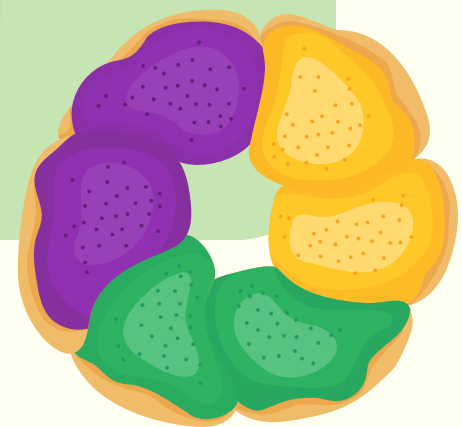
- [Check your points status here!](#)
- [Join our Google Calendar here!](#)
- [How to add Gcal events to Apple Calendar](#)
- DM me on GroupMe and fill out [this form](#) if you can't attend our normal GBM time
- I will reach out to you via GroupMe!

Member of the Month

- Nominate your friends, mentors, mentees, or any club members so we can celebrate them together!
- The member of the month will receive 1 Universal Point!
- [Can also use this link to fill out form](#)



**Fill out this form to
nominate someone
for member of the
month!**



★ CALENDAR (3/4-3/9)

Tuesday (TODAY)

Stickers: \$2
1 Fundraising
Point

Pins: \$3
1 Fundraising
Point

Wednesday

Medical Student
Panel
6-7PM
Zoom
1 Universal Point

Thursday

Opus Fundraiser
9AM-1PM
1 Fundraising
Point

Friday

PMP Exclusive
Event: Paint Swap
6-7PM
MAT 0016

**PMP CHECK IN #1
DUE AT 11:59PM:
MENTORS
CHECK
GROUPME**

Sunday

Project
Downtown
12:50-1:50PM
Outside
Gainesville City
Hall (200 E
University Ave)
1 Outreach Point
1 Universal Point
to drive others

CALENDAR (3/10-3/14)

Monday

Tuesday

Wednesday

Thursday

Friday

Tabling
10AM-1PM
Turlington Plaza
1 Outreach Point

Presentation Skills
and Scientific
Communication
with NCFSfN
4-5PM
MBI LG-101
1 Universal Point

BRAIN AWARENESS WEEK!! (3/24-3/28)

Monday

Neuro Game
Night
4-5PM
Lit0221
1 Outreach Point

Tuesday

Neuro Potluck
6-7PM before
GBM
1 Social Point

GBM #5
6-7PM
Lit0109
1 GBM Point

Wednesday

Tabling
10AM-1PM
Turlington Plaza
1 Outreach Point

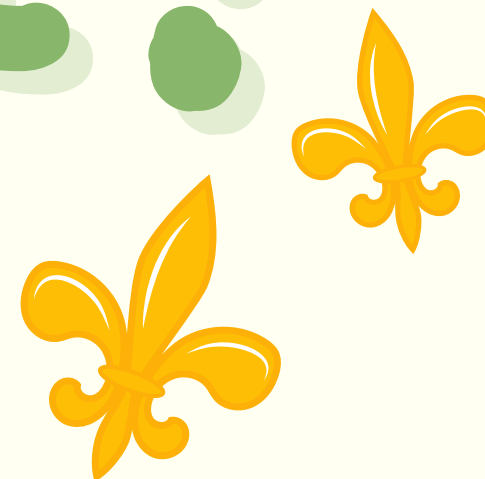
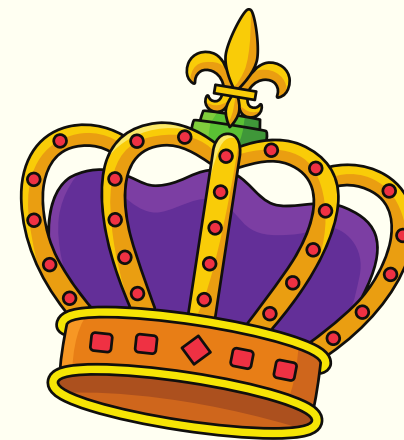
Thursday

Neuro Yoga
4:30-5:30PM
Location TBD
1 Social Point

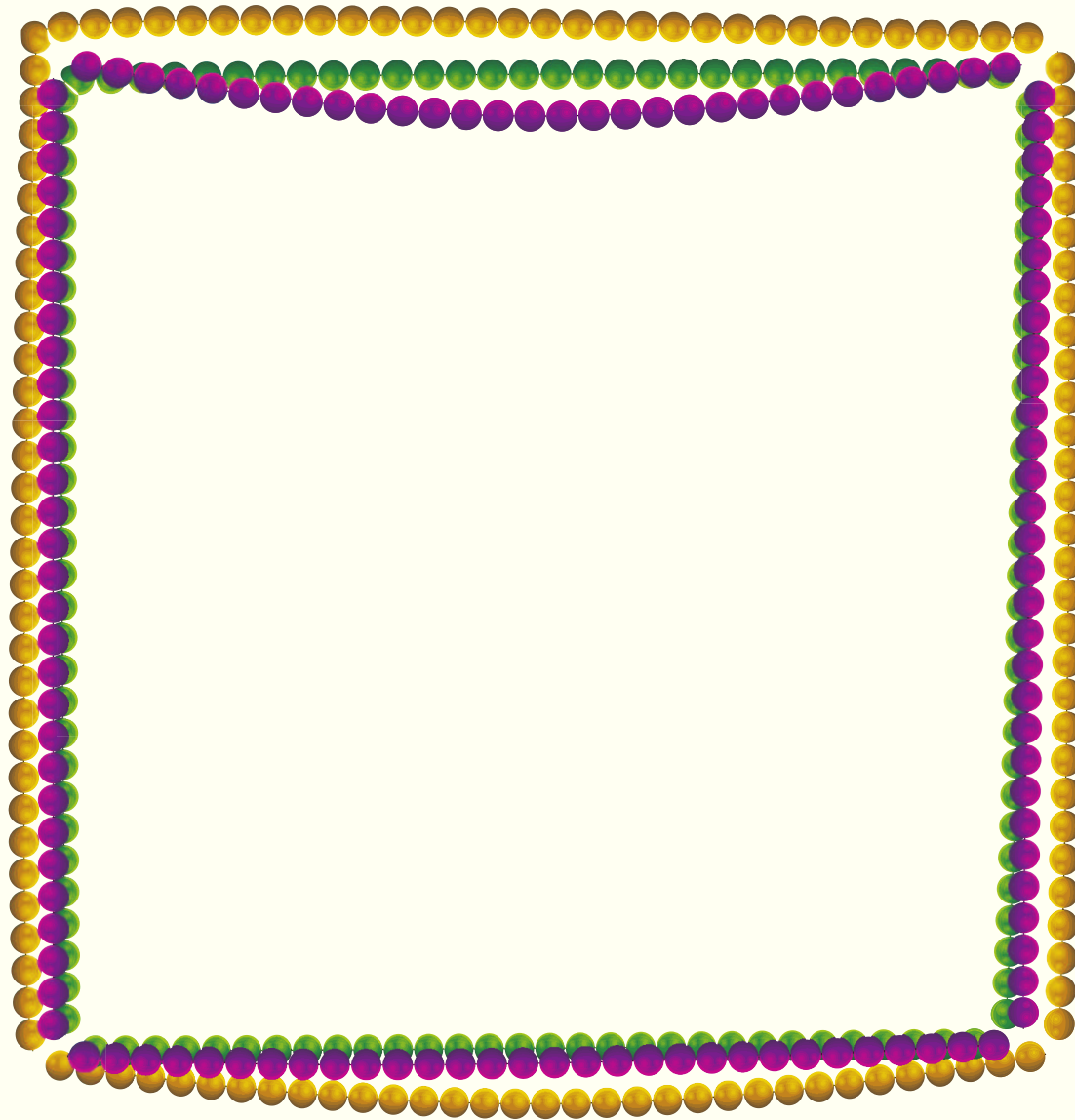
Friday

Neuro Disabilities
& Emergencies
Workshop
4-5PM
Lit0221
1 Outreach Point

ANDREW
MOORE!



★ THANK YOU! ★



sign in



groupme

