

**At Brain Camp, you will learn how to create a personal plan to build your cognitive reserve.**

**The last 17 years have produced hundreds of significant studies about the most effective ways to avoid having symptoms of Alzheimer's. Much of the information is confusing and even contradictory. Brain Camp sorts it out and presents the lifestyle that has been proven to prevent Alzheimer's disease in large populations.**

**During the Nun's Study which began in 1986, Dr. David Snowdon and his associates discovered that many of the elderly nuns who had been teaching right up to their deaths had severe Alzheimer's disease. They were still functioning cognitively with absolutely no symptoms of the disease.**

**Snowdon had chosen a religious order to study because many variables were controlled. He had access to extensive medical records and the biographies written early in life by the nuns.**

**After years of study, researchers concluded that most of the nuns had maintained good vascular health through exercise and nutrition, and that they were life-long learners.**

**Doctors examined and discussed the Nun's Study and other data for years and in 2006 Dr. Yaakov Stern published "The Theory of Cognitive Reserve."**

**Snowdon's book "Aging with Grace" recounts the beginning of the landmark study.**

Brazoria County Gathering Place  
Interfaith Ministries, Inc.  
P.O. Box 2050  
Angleton, TX 77516



# Brain Camp

Established 2011

**Build your cognitive reserve to avoid or delay having symptoms of Alzheimer's disease.**

**"Alzheimer's can be prevented, and in many cases, its associated cognitive decline can be reversed."**

Dr. Dale Bredesen, in an interview May 14, 2018

**"These are choices you make that determine where you'll be in the future."**

Dr. Rudi Tanzi, Massachusetts General Hospital

**Brain Camp V cites new statistics, conclusions, and comments from 47 sources - trials, studies, medical journals, and a few fascinating best-selling books.**

## Brain Camp V explains:

- The difference between dementia and Alzheimer's.
- What stress has to do with AD.
- The 13 triggers of Alzheimer's.
- The six subtypes of AD.
- What foods to eliminate from your diet.
- The MINIMUM amount of exercise for brain health.
- How brain plasticity benefits you.
- If there is an "AD personality" type.
- What part gratitude and humor play in brain health.
- Which mental activities are most beneficial.
- Why 8 hours of sleep is critical to brain health
- And much more...

Building *optimum* cognitive reserve starts early in life. However, research indicates that it's never too late to begin the lifestyle changes that may result in delaying symptoms of dementia. Those changes also result in better physical, mental, and emotional health.

Brazoria County Gathering Place  
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## Please see our website or Facebook for the next scheduled Brain Camp

Call 979-235-9195 to register for all  
classes, which are limited in size.

[www.gatheringplacebrazoria.org](http://www.gatheringplacebrazoria.org)

[www.facebook.com/The-Gathering-Place-  
Interfaith-Ministries-473437892790190](https://www.facebook.com/The-Gathering-Place-Interfaith-Ministries-473437892790190)



First Presbyterian's January 2021  
Graduating class

Many guest instructors provide exercise  
demonstrations, information about  
nutrition, and education about various  
aspects of brain health.

## Introducing our trainers...

Erika Longoria, Gathering Place  
Education Coordinator, retired from  
teaching and is a Volunteer@Large for  
the Gathering Place and serves on the  
Board of Directors. Erika volunteers for  
all special Gathering Place and Brazoria  
County Alzheimer's Awareness Project  
events.

Dennis Hastings has extensive  
experience in public speaking around the  
U.S. and worldwide. He has previously  
worked in healthcare administration,  
direct patient care, clinical education,  
medical sales and marketing.

Brenda Maust, founder of the Gathering  
Place and the Brazoria County  
Alzheimer's Awareness Project,  
conceptualized and started research for  
Brain Camp in 2010. The first Brain  
Camp in April, 2011 was co-sponsored by  
the City of Angleton Parks and  
Recreation Dept. and Texas AgriLife. She  
continues her research and now presents  
Version V of Brain Camp.

Brain Camp is an educational component of  
Brazoria County Gathering Place Interfaith  
Ministries, Inc.

We offer a number of different Alzheimer's talks  
on prevention, risks, diagnosis and treatment,  
and communication with a person with a  
memory disorder. To book a speaker, Call Dale  
Libby at 979-236-5393.