

BUILDING A BETTER BRAIN FOR A BETTER LIFE

A Wholistic Approach to Strengthening the Brain and Calming the Mind
with

Dr. Fern Engelson

This empowering and unique class is an opportunity for you to learn how you can play a more active role in improving and maintaining your brain health.

Together we will learn simple and effective practices that, when incorporated into your daily life, can help to:

- **Sharpen your memory, focus, and concentration**
- **Calm your mind and lift your spirits**
- **Stave off a diagnosis of cognitive decline**

We will discover how to integrate the wisdom of Western Neuroscience and Ancient Eastern Healing Traditions by learning:

- **Brain balancing exercises**
- **Gentle Qi Gong movements**
- **Calming breathing and meditation techniques**
- **Rejuvenating self massage**
- **Brain healthy lifestyle strategies**

The sad reality is that 1 in 9 people age 65 and older in the US has Alzheimer's dementia (Alzheimer's Association, 2021). The good news is that most risk factors (such as a sedentary lifestyle) are in our control, and research has shown that it's never too early or too late to start caring for our brain. By taking care of our brain we can promote neuroplasticity and grow new and healthy brain cells, increasing our brain's reserve and strengthening our cognitive resilience.

For more info: Contact Dr. Fern Engelson at (516) 621 - 0316

Dr. Fern Engelson has enjoyed her work as a Chiropractor, Certified Functional Medicine Practitioner, Educator, and for many years as a Qi Gong Instructor (the past 10 years at UUCSR). Combining years of studying Eastern and Western healing modalities along with 35 years of clinical experience, Dr. Fern offers dynamic workshops and classes. Influenced by both her grandparent's and parent's diagnoses of dementia, Fern has been particularly passionate about studying, practicing, and sharing simple and effective lifestyle interventions that optimize cognitive well-being and support an enhanced quality of life.