

BALANCE

ALERTNESS

THINKING

PERCEIVING

SOLVING

ADAPTING

MEMORIES

MEMORIES

MEMORIES

MEMORIES

**HP WELLNESS LUNCH N LEARN: HEALTHY AGING MIND**

HOW TO TAKE CARE OF YOUR BRAIN AS YOU AGE

MEMORIES

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Like other parts of your body, the brain changes as you age. There is a lot you can do to keep your brain healthy and resilient, even improve its ability to create, retain, and recall facts and memories.

Ever wonder why you remember some things but not others? Could medications effect your memory? Is it true a daily drink improves one's ability to remember? Join us and find out these answers and many more.

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## HOW NEUROSCIENTISTS THINK ABOUT MEMORY

Long Term Memory  
Short Term Memory  
Working Memory

Declarative or Explicit  
Procedural or Implicit



## FACTORS THAT AFFECT YOUR MEMORY

Genetics  
Physical Health  
Emotional Well-Being  
Stress Level  
Sleep Quality  
Diet  
Environment  
Level of interest

## ORGANIZATION IMPROVES COGNITIVE PERFORMANCE

- Get rid of extra clutter around your living space.
- Use lists and calendars to plan your activities and don't forget to schedule fun things.
- Set aside regular times to organize and also regular time to unwind.

*Memories are first formed when we focus and pay attention. They are then stored throughout our brains; and finally they are called up when we remember. These three processes are called Acquisition, Consolidation, and Retrieval.*

### CAN "BRAIN TRAINING" GAMES AND PROGRAMS HELP MY BRAIN STAY IN SHAPE?

Short answer: no. There is no convincing scientific evidence that these different products being marketed today really make a difference in your overall brain's functioning. Save your money and spend it on healthy food and relaxing vacations.

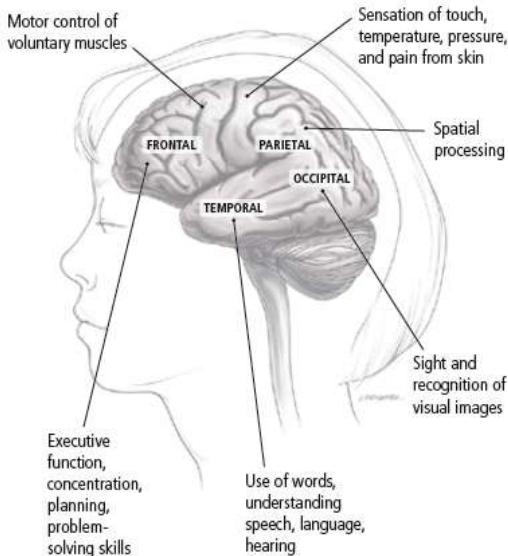
## HOW TO KEEP YOUR BRAIN HEALTHY

### BE PROACTIVE

- Get Organized
- Challenge Your Mind
- Reduce Stress
- Concentrate on Concentrating
- Use Memory Techniques
- Associate, Say It Again, Write Things Down
- Exercise
- Keep Learning
- Don't Smoke
- Practice Good Nutrition
- Develop Good Sleep Habits
- Consider Vitamins
- Be Social

## HOW THE BRAIN IS STRUCTURED

Figure 2 Brain map



space as well as the position of what we see and hear.

The front of the brain, or the frontal lobe, is an area where many of our more complex cognitive abilities and processes take place. When we try to retrieve a memory, that process begins in the frontal lobe.

Different parts of the brain specialize in different functions. Memories are stored in different parts of the brain although some regions are more critical than others in the memory process. To retrieve a memory, these areas of the brain must work in coordination.

Some of the different areas are: the temporal lobes, which process auditory information, including speech and other sounds and also the occipital lobe, which registers visual images. Next there is the parietal lobe that process spatial information, including where our body is in



**A Good Night's Sleep is Critical to Memory and Brain Health:**  
Memories are processed and stored during sleep.