



Dr. John Medina

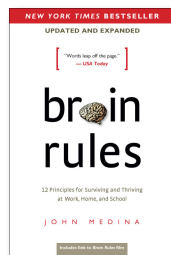
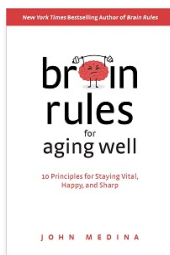
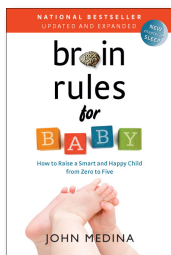
ATTACK OF THE TEENAGE BRAIN AND BRAIN RULES FOR PEAK PERFORMANCE

Wednesday, October 17, 2018 - 7 pm
 Glenbard North - 990 Kuhn Road - Carol Stream



Eye rolling. Moodiness. And of course, the drama. Teens can be hard to parent. The good news: It's not you. It's not them. It's their brains. In this humorous, and enlightening presentation, University of Washington neuroscientist, and authority in brain science Dr. John Medina will explore the factors that drive behavior and affect both achievement, engagement, and peak performance. Here are the surprising brain rules to help both teens AND adults thrive and survive. We will examine executive function (the best predictor of academic success), and the importance of "Rules" such as exercise and sleep to learn how the brain really works for optimal healthy functioning to assist us all!

Through the use of Medina's fascinating and entertaining stories, all will benefit from the trans-formative ideas and practical information to enhance our mind and get the most from it. Dr. Medina is the best selling author of ten books including "Attack of the Teenage Brain", "Brain Rules", "Brain Rules for Baby", and "Brain Rules for Aging Well".



This program is free and open to the public.

6:15 pm Preceding the 7 pm program **WELLNESS EXPO** with over 20 Vendors

