

# *Brain Health & Cognitive Wellness*



*A workshop focused on discussing the factors that contribute to brain health and tips for maintaining sharp thinking skills.*

*with Jen Niehoff, M.A.*

*Associate of Dr. Jennifer Medina and the Rocky Mountain Neurobehavioral Associates*

This 2-hour workshop is designed for individuals who are interested in considering the role of lifestyle factors such as diet, exercise, and sleep on brain health. The program will also focus on strategies to promote cognitive wellness and sharp thinking skills in everyday life.

Thursday, October 20<sup>th</sup>, 2016, 10am-12pm  
3333 S. Bannock Street, Wells Fargo Building  
Englewood, CO 80110

Registration Deadline: October 18<sup>th</sup>, 2016  
Space is limited!  
\$35 per person

Online: <https://squareup.com/store/register-medina>  
Call: (720) 907-0420  
Email: [jniehoff@mountainneuro.com](mailto:jniehoff@mountainneuro.com)



ROCKY MOUNTAIN NEUROBEHAVIORAL ASSOCIATES

**Jen Niehoff, M.A.** is a psychometrist and practice manager of the Rocky Mountain Neurobehavioral Associates. She has worked with individuals in clinical and research settings from pediatric to geriatric neuropsychology clinics. With a Master's degree in psychology, specifically behavioral neuroscience, Jen's interests include healthy aging, cognitive changes related to neurological conditions, and the impact of nutrition and exercise on thinking skills. *Please visit: [www.MountainNeuro.com](http://www.MountainNeuro.com) for more information about Jen and the practice!*