

Your Healthy Brain

A workshop focused on the lifestyle factors that promote brain health.

with Dr. Jennifer Medina
Clinical Neuropsychologist



This workshop is designed for individuals who are interested in learning how diet, exercise, stress reduction and sleep can positively impact brain health, longevity, and cognitive skills.

Attendees will leave with strategies they can use to support their brain health in everyday life.

Saturday, October 20th, 2018, 10am-12pm

3333 S. Bannock Street, Wells Fargo Building
Englewood, CO 80110

Registration Deadline: October 15th, 2018
\$35 per person - Space is limited!

Register:

Online: <https://squareup.com/store/register-medina>

Call: (720) 907-0420

Email: DrMedina@mountainneuro.com



ROCKY MOUNTAIN NEUROBEHAVIORAL ASSOCIATES

Jennifer Medina, Ph.D. is a clinical neuropsychologist and owner of the Rocky Mountain Neurobehavioral Associates. She specializes in cognitive assessment, psychotherapy, and mindfulness based wellness programs. Dr. Medina received her Ph.D. in clinical psychology with a specialization in neuropsychology from Northwestern University's Feinberg School of Medicine. She has a passion for using mindfulness in her personal life and professional practice and enjoys supporting people with healthy brain strategies to live their best life possible.