

GOOD PRACTICE GOOD HEALTH INC.
WITH OUR PARTNERS ARE PLEASED TO PRESENT

Dr Helena Popovic

Medical doctor, brain specialist, best selling author, international speaker



The emerging field of neuroplasticity has shown that the brain can change its own structure and function. It can grow new cells, new circuits and new connections in response to what we do, what we think and how we behave.

For the brain to stay healthy and operate at its best, we need the right nutrition, rest, stimulation, challenge and reward. Most importantly, we also need to take charge of our thinking because our thoughts play an integral role in wiring our brains for optimal performance.

Dr Helena Popovic, Alzheimers Australia and others will discuss neuroplasticity, mental health, and dementia, and provide practical information on good brain health.

The first 100 tickets sold also include access to presentations on Saturday, 25 March 8:30 am – 11.00am on post-natal depression and youth mental health.

\$30 | \$20 concessions

“Most people work on building up and boosting their financial assets. But how many people work on building up and boosting their greatest asset: their brain?”

What will I learn?

This presentation gives immediate and practical suggestions to improve the functioning of the brain.

By applying this knowledge, we can:

- sharpen our thinking
- improve concentration and memory – at any age
- tap into brain potential we never knew we had
- expand our creativity
- increase our capacity for learning and problem-solving
- reduce our risk of developing depression, anxiety disorders and Alzheimer’s disease
- prevent the cognitive decline we’ve mistakenly believed was inevitable with ageing
- perform at our peak on a daily basis.
- achieve far more than we ever thought possible.

Participate
in the
Gippsland Health Summit
on FRIDAY 24 MARCH 2017
4PM – 6:30 PM
Esso Bhp Billiton Wellington
Entertainment Centre
100 Foster St, Sale

“Dr Helena’s unique combination of scientific expertise and speaking excellence make her truly exceptional. Her in-depth knowledge of the brain enables her to deliver cutting-edge information that not only inspires people, it lasts in their memories and moves them to action.”

Tickets at the box office and online at <http://www.ebbwec.com.au>