

BRAIN HEALTH

MIND & BODY WELLNESS SERIES 3

— Lunch & Learn —

TRAINING YOUR BRAIN TO SURVIVE IN THE WORKPLACE

Why common wisdom about “use it or lose it” is not always right.

By: Jennifer Zientz, Center for BrainHealth

JUNE 22, 2017

12:00 PM – 1:00 PM | Naveen Jindal School of Management JSOM
Meeting rooms 11.214 & 11.218

This session will provide insights, tools and tactics that can help you improve focus, boost mental energy and eliminate toxic habits that may hinder efficient brain function and your well-being in the workplace.

Each day, we have a finite amount of mental energy. To fully exploit our brain’s potential, we must be strategic about how we use our cognitive resources. Brain science has recently revealed much about how we can best learn and optimize brain performance.

Center for BrainHealth’s head of clinical services, Jennifer Zientz, will share why “use it or lose it” is not always right. Her talk will provide insights, tools, and tactics that can help you improve focus, boost mental energy, and eliminate toxic habits that may hinder efficient brain function and your well-being in the workplace.

This workshop is limited to 100 participants.

Reserve your spot by registering by June 16th at:
https://utdallas.qualtrics.com/jfe/form/SV_0ezCVlrN5Y64WBT



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