The Brain: An Owner’s Guide
2016 Lecture Series

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**Time & Location**
(For All Lecture Dates)
Reception 6:15 to 7:00 p.m.
Lecture 7:00 to 8:15 p.m.
Center for BrainHealth
2200 West Mockingbird Lane
Dallas, TX 75235

**Cost**
Per Lecture
$35 single ticket
$45 single ticket at door
Per Series Pass
(1 ticket to all 4 lectures)
$130 single series pass

*Tickets on sale December 1, 2015 at www.centerforbrainhealth.org*

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**Tuesday, February 2, 2016**
*Mindful Work: How Meditation Can Transform Business*
David Gelles

What is this new phenomenon called “mindfulness” and how has it taken hold in companies like General Mills, Green Mountain Coffee, Facebook, and others around the world? David Gelles, accomplished New York Times reporter, explains this transition from reaction to integration to response, and the importance of “taking a breath” in the velocity of our day. Learn the ins and outs of mindfulness training, and how it is creating exceptional improvement in both personal performance and the levels of productivity, stress and employee satisfaction around the work place.

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**Tuesday, February 9, 2016**
*Brain-Machine Interfaces: From Basic Science to Neurological Rehabilitation*
Miguel Nicolelis, M.D., Ph.D.

What if you could control devices just with your thoughts? Neuroscientist Miguel Nicolelis, M.D., Ph.D. illustrates how state-of-the-art research on brain-machine interfaces makes it possible for the brains of primates to interact directly with mechanical, computational and virtual devices without any interference of the body muscles or sensory organs. His recent experiments provide us with clues to the fundamental links between brain signals and physical activities, while serving as an experimental paradigm aimed at testing the design of mind-controlled prosthetic devices (such as the exoskeleton which allowed a paraplegic man to literally kick off the 2014 World Cup). Dr. Nicolelis will discuss his fascinating research findings and their potential to offer dramatic improvements in clinical treatment of paralysis and debilitating neurological disorders.

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**Tuesday, February 16, 2016**
*Video Games: Innovative Approaches to Enhance Brain Health at Any Age*
Adam Gazzaley, M.D., Ph.D.

A fundamental challenge for modern society is the development of effective approaches to enhance brain function and cognition in both healthy and impaired individuals. Recent advances in technology that support the creation of interactive virtual reality, and breakthroughs in non-invasive human neuroscience have resulted in a collision of these two exciting worlds. Hear from one of the leaders in this endeavor, Dr. Adam Gazzaley, founding director of the Neuroscience Imaging Center at UC San Francisco, as he discusses the science behind how video games could indeed, make our brains healthier.

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**Tuesday, February 23, 2016**
*A Gut Feeling About the Brain: The Microbiome as a Key Regulator of Neurodevelopment & Behavior*
John Cryan, Ph.D.

Ever had a “gut feeling” about something? It turns out, the connection between our gut and our brain might be stronger than we think. Dr. John Cryan, from the University College of Cork, Ireland, shares his research findings that investigated interaction between the brain, gut and microbiome, and how it applies to stress- and immune-related disorders such as depression, anxiety, irritable bowel syndrome, obesity, and neurodevelopmental disorders including autism.