



National Alliance on Mental Illness
Frederick Chapter Education Lecture

ART OF THINKING SERIES

Session 3

Mental Fitness Across the Lifespan

Presented by

Dr. Rahul Bharadwaj

Lieber Institute for Brain Development,
Johns Hopkins School of Medicine

Topics covered will include

- Everyday Brain-fitness recipes
- Demonstration: From **Yoga** to **Physiology** to **Mindfulness**
- Disease focus: Anxiety and It's Affect on Brain Centers
- Art of thinking group exercises

Free and Open to Everyone!

Tuesday, April 9, 2019

7:00 - 8:30 pm

YMCA

1000 N. Market St. Frederick MD

Dr. Rahul Bharadwaj is a Research Scientist at the Lieber Institute for Brain Development, a center for excellence in human brain research with specialties in the genetic and neuro-developmental basis for mental disorders. Dr. Bharadwaj's research areas include schizophrenia, bipolar disorder, PTSD, traumatic brain injury and Alzheimer's disease.

Let us know you're coming! - go to www.namifcmd.org