SPRINGFIELD, MO — **Monday, April 29**
UNIVERSITY PLAZA HOTEL AND CONVENTION CENTER
333 S John Q Hammons Pkwy, 65806
(417) 864-7333

JOPLIN, MO — **Wednesday, May 1**
JOPLIN ELKS LODGE #501
1802 W 26th St, 64804
(417) 624-0048

TULSA, OK — **Thursday, May 2**
DOUBLETREE BY HILTON HOTEL TULSA - WARREN PLACE
6110 S Yale Ave, 74136
(918) 495-1000

OKLAHOMA CITY, OK — **Friday, May 3**
WILL ROGERS THEATRE AND EVENT CENTER
4322 N Western Ave, 73118
(405) 604-3015

Remembering, Forgetting and Protecting the Aging Brain

Live Seminar (✓one)

❑ Springfield, Apr 29 ❑ Joplin, May 1
❑ Tulsa, May 2 ❑ Oklahoma City, May 3

Unable To Attend?
Purchase Recordings with Home Study CE Credit (✓one)

❑ CDs ❑ DVDs ❑ Online

Name (please print) _____

Home Address _____

City/State _____, ___ **Zip** _____

Work Phone (___) _____ **Home Phone** (___) _____

Email _____

Profession(s) _____

Tuition

❑ $79 Individual Rate
❑ $74 Group Rate (3 or More Persons Registering Together)
$89 On-Site Registration (if space is available)
❑ ~~$29~~ $20 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages) — a text that explains how the part of the brain that forms new habits can be trained to improve health-related habits. Preorder the book to receive it onsite at this discounted rate.

Four Ways To Register

1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

All major credit cards are accepted:

Card # _____ **Exp Date** _____ / _____

Signature _____

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PLEASE POST

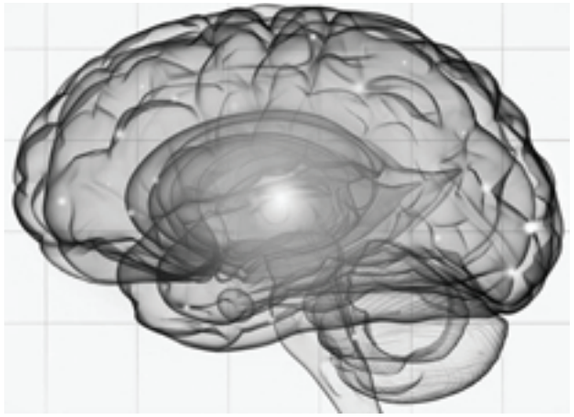
Institute for Brain Potential
PO Box 2238, Los Banos, CA 93635

Remembering, Forgetting and Protecting the Aging Brain

SPRINGFIELD, MO: Monday, April 29
JOPLIN, MO: Wednesday, May 1
TULSA, OK: Thursday, May 2
OKLAHOMA CITY, OK: Friday, May 3

Topics Include:
- Short-Term Memory
- Working Memory
- Long-Term Memory

A New 6-Hour Program, Spring, 2019: $79



Remembering, Forgetting and Protecting the Aging Brain

A 6-Hour Program for Health Professionals

Live Seminars

Schedule: Check-in: 8:15 – 9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q & A and discussion with instructor: 12-12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Some programs sell out. Please register early.

Group Registration: The discount is for three or more guests enrolling together prior to the seminar date. Please complete a separate registration form for each person.

Transfers: You or members of your group can attend on different dates if there is space.

Parking: Complimentary parking is available unless indicated in the brochure.

Unable to Attend? You have three options: 1) Transfer to an alternate location, space permitting, 2) Receive a full-value voucher for any live or recorded lecture for up to a year, or 3) Request a full refund minus a $15 fee. Refund requests should be made in writing or by e-mail at refund@ibpceu.com.

Rescheduling: In the unlikely event (less than 1%) a seminar cannot be held (e.g., inclement weather), it will be rescheduled. No IBP seminar has ever been canceled as the result of low attendance!

Certificates and Confirmations: Certificates of completion are provided at the time of adjournment; successful completion includes full attendance and submission of the evaluation form. No partial credit is given. Confirmation notices are emailed or mailed.

Recorded Programs

CDs and DVDs: Delivered to you within 5-7 workdays.

Online: Play or download on all devices. Need help? Call (866) 652-7414.

CE Credit: National/state boards approved CE is available for most health professions including nursing, psychology, social work, counseling, MFT, dental, and pharmacy. View CE approvals and additional information for this home study program at: http://www.ibpceu.com/info/remembering_forgetting_protecting_brain.pdf

Dedicated 24/7 Customer Service

Call (888) 202-2938 to inquire about course content or instructors, request disability accommodations, or submit a formal grievance. To register, call (866) 652-7414.

The IBP Experience

Since 1984, our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

Remembering, Forgetting and Protecting the Aging Brain

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation**. This program provides 6 contact hours for nurses.

PSYCHOLOGISTS: Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program is 6 CE credits.

COUNSELORS & MARRIAGE AND FAMILY THERAPISTS: Institute for Brain Potential has been approved by **NBCC** as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours of CE credit. Approval is pending by **OK State Board of Behavioral Health Licensure** for 6 CE hours.

SOCIAL WORKERS: Institute for Brain Potential, provider #1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (**ASWB**) www.aswb.org through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

CHEMICAL DEPENDENCY PROFESSIONALS: Institute for Brain Potential is approved by the **NAADAC** Approved Education Provider Program, Provider #102949. This program provides 6 continuing education hours (CEHs). Approval is pending by **OK Board of Licensed Alcohol and Drug Counselors** for 6 training hours (6.0 CEUs).

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity provides 6 contact hours (.6 CEUs). UANs: 0492-0000-18-003-L04-P and 0492-0000-18-003-L04-T

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (**AGD**). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/24. Provider ID# 312413. Subject Code: 557. This program is 6 CE hours.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (**AOTA**) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Performance Skills) and Occupational Therapy Process (Evaluation).

NURSING HOME ADMINISTRATORS: Institute for Brain Potential is a *Certified Sponsor* of professional continuing education with the **NAB** and has approved this program for 6 clock hours under its sponsor agreement with NAB/NCERS. State licensure boards, however, have final authority on the acceptance of individual courses.

PHYSICAL THERAPISTS: This program is approved by the Texas Chapter of the **American Physical Therapy Association** (APTA) for 6 contact hours of CE credit. The MO Advisory Commission for Professional Physical Therapists accepts courses approved by the APTA chapters of other states. This program is pending approval by the **Oklahoma Board of Medical Licensure and Supervision** for 6 contact hours of continuing education credit.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is approved as a provider of CE by **CA Speech-Language Pathology & Audiology Board** (SLPAB), #PDP247, by **FL Board of Speech-Language Pathology and Audiology**, and by **KS Department of Health and Environment**, Provider# LTS S1271. This program provides 6 contact hours. This program is designed to be relevant to speech-language pathologists. Participants will receive a certificate of completion.

MASSAGE THERAPISTS: Institute for Brain Potential is approved by **NCBTMB** as a CE Approved Provider, #450939-09. This course provides NCBTMB-approved 6 CE hours of Advanced Science credit. Visit http://goo.gl/85iSwY to learn about Advanced Science credit.

CASE MANAGERS: This program has been submitted to the **Commission for Case Manager Certification** for approval to provide board certified case managers with 6 CE contact hours.

DIETITIANS: IBP is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (**CDR**). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 CPEUs for completion of this program. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 5100, 5300, 5370, and 6010.

EDUCATORS: This program provides 7.5 Contact Hours of professional development in MO and 7.5 PD Points of professional development in OK toward license renewal through a cosponsorship agreement between IBP and Alliant International University, *a regionally accredited institution by the Accrediting Commission for Senior Colleges and Universities*. Contact your school district if you need prior approval.

This new 6-hour program presents advances in identifying who develops memory loss and advances in protecting the aging brain decades before the onset of cognitive decline.

Participants completing this program should be able to identify:

1. *Distinguish between impairment of short-term, working, and long-term memory.*
2. *Outline an evidence-based strategy to protect short-term, working, or long-term memory.*
3. *Describe how the habit brain plays a role in either major depression, addictive disorders, obsessive-compulsive disorders or posttraumatic stress disorder.*
4. *Characteristic cognitive impairments in Alzheimer's disease.*
5. *List several advances in protecting the aging brain.*

Short-Term Memory: *remembering what happened recently*

- **Brains At Risk:** alcohol blackout, seizure, concussion, benign cognitive impairment, Alzheimer's disease.
- **Protecting Short-Term Memory:** recoding, rehearsal, neurogenesis of hippocampal neurons through lifestyle, e.g., exercise.

Working Memory: *remembering what to do next*

- **Brains At Risk:** normal aging after age 49, frontal lobe pathology, neurodegenerative disorders including Alzheimer's disease.
- **Protecting Working Memory:** activities that improve concentration and reduce distraction, e.g., mindfulness training, task reminders; how to improve cognitive reserve by activating new areas of prefrontal cortex.

Long-Term Memory: *the memories of our lives*

- **Brains At Risk:** damage to association cortex due to brain injury, stroke, or dementia (Alzheimer's disease, multi-infarct and frontotemporal dementia).
- **Protecting Long-Term Memory**
  - **Caffeine and Glucose:** caffeine can aid retrieval but go light on sugar due to adverse effects on brain glucose.
  - **Physical Activity:** moderately intense physical activity protects the brain's vascular system, improves glucose regulation, and stimulates nerve growth factors.
  - **Restorative Sleep:** a key function of slow wave sleep is the removal of toxins such as amyloid; REM sleep aids long-term memory.
  - **Neurocognitive Activities:** most brain-training activities are of no benefit, but a few are beneficial.

Habit-Based Memories: *habits are critical for brain health*

- **Brains At Risk:** adverse childhood experiences, depression, post-traumatic stress, obsessive compulsive spectrum disorders, and addictive disorders create maladaptive habits involving the habit brain, the basal ganglia.
- **Reprogramming the Habit Brain:**
  - **Major Depression:** automatic habitual thoughts trigger mood changes; how cognitive behavioral therapy retrains cortical and subcortical habit circuits.
  - **Addictive Habits:** reducing the need for immediate gratification for food and substances via prefrontal cortex control over the dopamine striatum.
  - **Obsessive-Compulsive Habits:** desensitization training can modify the habit brain by extinguishing and retraining a subcortical circuit.
  - **Posttraumatic Habits:** activities that inhibit the fear-based amygdala through the slower, proactive prefrontal cortex.

Advances In Prevention: *most dementias take decades to develop*

- **Cognitive Domains:** memory impairment must also accompany impairment in reasoning, spatial ability, abstraction, language, or impulse control to diagnose dementia.
- **Understanding Alzheimer's Disease:** in most cases, onset occurs decades before disabling symptoms arise, thus risk reduction strategies are critical; the risk factors are the same for most dementias.
- **Early Detection:** the 5-minute neuropsychological test that is 93% accurate in predicting who will develop Alzheimer's disease.
- **Reducing Inflammation and Protecting the Aging Brain:** extracellular amyloid and intracellular tangles are inflammatory and endanger the aging brain; an anti-inflammatory lifestyle is attainable and sustainable.
  - **Neuroprotective Nutrients:** curcumin (curcuminoids), cocoa (epicatechin) and resveratrol (stilbenoids), long-chain omega 3 fatty acids, low glycemic starches and fibers, vitamins A, B12, C, D3, and E, copper, iron and zinc; the Dietary Inflammatory Index.
  - **Neuroprotective Exercise:** a review of 35 studies regarding intensity, type, and frequency of exercise.
  - **Neuroprotective Sleep:** a review of 52 trials linking cognitive impairment to sleep duration; too little can impair amyloid clearance; too much sleep increases risk of metabolic disorders.
  - **Neuroprotective Mental Activities:** the neural network is enhanced by the mental activity identified with a person's social network; what cognitive challenges are most beneficial?

ABOUT THE INSTRUCTOR

Bryce Mander, Ph.D., is an Assistant Professor in the Department of Psychiatry and Human Behavior at the University of California, Irvine. Dr. Mander is a neuroscientist who studies the relationships between sleep disturbance, memory, and aging and Alzheimer's disease. His research reveals the role of sleep in cognitive functioning and overall brain health in both healthy people and people at risk for neurodegenerative disease.

An outstanding speaker, Dr. Mander, presents advances in the study of memory-related disorders and ways to improve sleep with clarity and a warm sense of humor. Health professionals attending his programs have often found the experience to be nothing short of exhilarating.In addition to Q & A sessions in class and during breaks, Dr. Mander will answer your questions by email.