MISSOULA, MT
DOUBLETREE BY HILTON MISSOULA EDGEWATER
100 Madison St, 59802
(406) 728-3100

BOZEMAN, MT
HOLIDAY INN BOZEMAN
5 E Baxter Ln, 59715
(406) 587-4561

BILLINGS, MT
BILLINGS HOTEL & CONVENTION CENTER
1223 Mullowney Lane, 59101
(406) 248-7151

Friday, April 3
Memorizing, Forgetting and Protecting the Aging Brain
Institute for Brain Potential
PO Box 2238, Los Banos, CA 93635

Monday, April 6

Wednesday, April 8

PLEASE POST

Remembering, Forgetting and Protecting the Aging Brain
Institute for Brain Potential
PO Box 2238, Los Banos, CA 93635

A New 6-Hour Program, Spring, 2020: $79

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

Tuition
□ $79 Individual Rate
□ $74 Group Rate (3 or More Persons Registering Together)
□ $89 On-Site Registration (if space is available)
□ $30 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:

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.
This new 6-hour program presents advances in identifying who develops mild cognitive impairment, severe cognitive impairment, and mild cognitive decline decades before the onset of clinical dementia.

Participants completing this program should be able to:
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. Identify 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 or malignant brain tumor, traumatic brain injury.

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 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 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.
• Neuropsychological Assessment: most brain-training activities are of no benefit; a few are beneficial.

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.

Neuropsychological Sleep: a review of 52 trials linking cognitive impairment to sleep duration; too little can impair amyloid clearance and sleep increases risk of metabolic disorders.

Neuropsychological Motor Activities: the neural network is enhanced by the mental activity identified with a person's social network; what cognitive challenges are most beneficial?

C. Brock Kirwan, Ph.D. is Associate Professor in the Department of Psychology and Neuroscience and the Department of Neurology at Duke University and the MRI Research Facility. Dr. Kirwan is an expert in how long-term memories are formed, retrieved, and used to guide decision-making. He has also studied how appetite, physical activity, and sleep affect memory storage and retrieval.

Dr. Kirwan teaches an acclaimed series of programs at Brigham Young University that include an understanding of how memory works, how it breaks down and how it can be improved. Health professionals appreciate Dr. Kirwan’s natural ability to translate advances in brain research in practical terms.