

COMING FALL 2019



ICARE
FOR YOUR BRAIN
with Dr. Sullivan



PINEHURST
UNITED METHODIST CHURCH

4111 AIRPORT ROAD | PINEHURST

9 Brain Health Lectures

presented by Board-Certified Neuropsychologist Karen D. Sullivan, PhD, ABPP
Each 75-minute lecture is followed by a Q&A session.

\$20 per person/lecture includes 68-page Companion Workbook

LECTURE 1

Sept. 12 | 2:30 p.m.

Understanding
the Aging Brain:
What is Normal and
When to Worry

LECTURE 2

Oct. 10 | 2:30 p.m.

How to Minimize Your
Risks for Dementia
Throughout The Lifespan

LECTURE 3

Nov. 14 | 2:30 p.m.

Heart Health=Brain Health:
How to Take Control
of Your Risk Factors

LECTURE 4

Jan. 9 | 2:30 p.m.

How Do Substances
Affect the Aging Brain?
From Diet to Alcohol and
Health Supplements

LECTURE 5

Feb. 13 | 2:30 p.m.

The Psychology of Aging:
Strategies for
Better Coping

LECTURE 6

Mar. 12 | 2:30 p.m.

The Importance of
Social Connection in
Older Adulthood:
It Takes a Village

LECTURE 7

Apr. 9 | 2:30 p.m.

Evidence-based
Methods for Improving
Your Memory

LECTURE 8

May 14 | 2:30 p.m.

How Sleep Changes
with Age: Effects on
Memory and Mood

LECTURE 9

Jun. 11 | 2:30 p.m.

Brain Health As We Age:
Dr. Sullivan's Top 10
Recommendations

833-423-9237



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