



## 10 Things Everyone With a Brain Should Know

*Proven ways to increase memory, motivation, attention and performance!*

**Tuesday Dec. 6<sup>th</sup>, 9:15 – 11:15 a.m.**

Join PIN to hear international speaker Kim Bevill as she teaches strategies for both you and your kids for improving brain performance and overall health. You'll be shocked to learn about the importance of sleep and nutrition, as well as how complex movement affects performance and behavior. Bevill's findings are based on the latest neuroscience research. At this presentation, you'll learn how to:



- **Improve memory**
- **Enhance energy**
- **Speed brain processing**
- **Slow cognitive aging**
- **Maintain a healthy weight**

Clearly, something for everyone! Parents, school administrators and community members are welcome and encouraged to attend PIN's presentations. No need to RSVP—just come! Presentations are **FREE** and are held the first Tuesday of each month at:

### **Student Achievement Resource Center (SARC)**

**14188 E. Briarwood Avenue, Centennial**

(South of Arapahoe Rd., between Potomac and Jordan Roads)

Visit [www.PINccsd.org](http://www.PINccsd.org) for Podcasts and Meeting Highlights

#### **MARK YOUR CALENDARS:**

**February 7<sup>th</sup>** Mind Games! Understanding the Adolescent Brain  
**March 7<sup>th</sup>** The Making of Boys to Men