



YOU ARE INVITED

*Join Appalachian District Health Department,
the Be Active-Appalachian Partnership
and the College of Health Sciences of Appalachian State University
for*

An Evening with Dr. John Ratey

Learning how the brain can be transformed with aerobic exercise for Peak Performance

This presentation has been approved for Continuing Education Credits for teachers

Thursday, March 22, 2012

Location: Appalachian State University, *Broyhill Events Center*

Event: 6:00—8:00pm; doors to open at 5:30pm

RSVP by Friday, March 16 to Beth Fornadley, bethf@apphealth.com

Childcare is available; please provide the number of children and their ages in your RSVP

Author and researcher Dr. John Ratey, a Harvard University professor, will share his latest research and offer real life stories about the schools who have chosen his no-cost approach to integrating regular aerobic exercise into the school environment and its impact on student academic performance.

For more information regarding this event contact Susan Tumbleston, beactive@appstate.edu

For more information regarding John Ratey: www.johnratey.com