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Parent program to address effect of exercise on the brain



By Peg Mannion April 2 at 3:37 p.m.

The Glenbard Parent Series (GPS: Navigating Healthy Families) is proud to feature renowned psychiatrist John Ratey as he presents two workshops on "Spark: The Revolutionary New Science of Exercise and the Brain," his latest bestseller.

There are two opportunities to hear Ratey on Tuesday, April 17, the first at 9:30 a.m. at Glenbard South High School, 23W200 Butterfield Road in Glen Ellyn, and the second at 7 p.m. at Glenbard East High School, 1014 S. Main St. in Lombard.

Don't miss this fascinating investigation into the transformative effects of exercise on the brain. Participants will learn how to alleviate stress, lift depression, sharpen intellect, enhance learning, assist with attention deficit disorder, aggression and addiction to function better.

The evidence is incontrovertible that aerobic exercise physically remodels the brain for peak performance. Ratey is a clinical professor at the Harvard Medical School, a highly sought-after speaker, the author of multiple best sellers including "Driven to Distraction," and a respected researcher.

A 6:30 p.m. health expo highlighting more than 20 community health organizations to enhance wellness will precede the 7 p.m. program. Plan to arrive early to participate in this exciting event, which will feature demonstrations, giveaways and food.

Also at Glenbard East at 7 p.m. in the school library, Samuel Betances will give a presentation in Spanish, based on his book "Ten Steps to the Head of The Class". This is a special event for students and their parents.

GPS is funded in part by a grant from the Cebrin Goodman Center, an affiliate of the Lillian and Larry Goodman Foundation, and the Cooperative Association for Special Education. Additional support for this special event has been provided by Cadence Health (Central DuPage Hospital) Behavioral Health Services.

All are welcome at these free programs, and no registration is required. For further information, contact Gilda Ross, Glenbard District 87 Student and Community Projects Coordinator, at 630-942-7573 or gilda_ross@glenbard.org.