



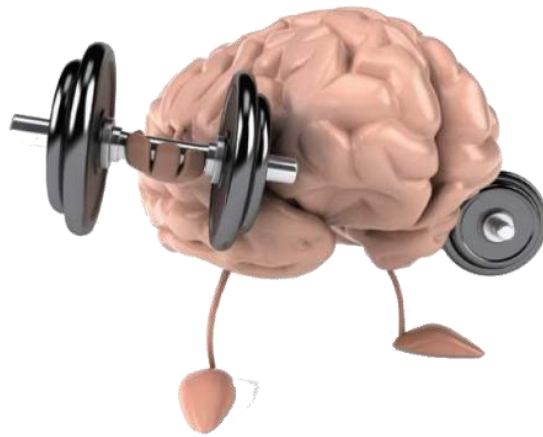
Brain Exercises for Better Brain Health

2019 Patient Empowerment Series Part 1 增強患者健康系列

UCSF ASIAN HEALTH INSTITUTE BILINGUAL HEALTH LECTURES

亞裔健康研究院雙語健康講座（英語和廣東話）

Aerobic exercises helps to keep our heart healthy. Are there exercises that can help keep our brains healthy then? The answer, according to world-renowned neuroscientist, [Dr. Mike Merzenich](#), is YES. He has developed plasticity-based brain training exercises can lead to better performance by older adults on cognition and may prevent the onset of dementia and Alzheimer's Disease. Want to find out more? Come and join us. This is a free and bilingual (English/Cantonese) lecture. All are welcome.



有氧運動有助於保持心臟健康。那什麼運動最有助於保持我們的大腦健康？世

界著名的神經科學家 [Merzenich](#) 博士

就有答案。他研發了基於可塑性的大腦訓練練習，可以增強長者的認知能力，並且可以預防老年癡呆症和阿茲海默病的發作。想了解更多？誠邀各位參加這個免費的

雙語（英語／廣東話）講座，歡迎踴躍參加。

Speaker

演講者



[Mike Merzenich, Ph.D.](#)

UCSF Professor Emeritus in Neurophysiology

Kavli Laureate in Neuroscience

Co-Founder, Chairman and Chief Scientific Officer, Posit Science

Author of *Soft-Wired: How the New Science of Brain Plasticity Can Change Your Life*

Date/Time January 16, 2019 (Wednesday) 一月十六日（星期三）

日期時間 下午 5:00–6:30 pm

Location Herbst Hall, UCSF Mount Zion Campus 赫布斯特館

地點 1600 Divisadero 街 (Between Post and Sutter St.), 2nd floor, San Francisco

RSVP 請致電 Call 415-885-3678 留言

敬請回復 Online 或點擊這裡進行網上註冊 <http://bit.ly/UCSFbrainexercise>



Sponsor Kangxin Partners 康信知識產權

贊助 Light refreshment 茶點招待

Facebook

面書

讚 Friend us at <http://www.facebook.com/UCSFAHI>

