

Nutrition, Exercise, Memory, and Aging

Join our experts for an evening of discussion about how nutrition and exercise can delay aging, improve brain health, and boost memory.

Wednesday, July 23

Center for Musculoskeletal Care
333 East 38th Street
6th Floor Conference Room

Topics

- Exercise and its effects on cognition and aging
- How a healthy body can result in a healthy brain
- A nutrition plan to optimize total body health



Program Agenda

6:00-6:30pm Registration
6:30-7:30pm Presentations
7:30-7:45pm Q&A

Speakers *(see reverse for speaker profiles)*

Bonnie Marks, PsyD
Clinical Psychologist, NYU Langone Sports Performance Center

Alison Peters, MS
Clinical Exercise Physiologist, NYU Langone Sports Performance Center

Samantha Heller, MS, RD, CDN
Registered Dietitian, NYU Langone Sports Performance Center

RSVP

Register online at www.NYULMC.org/CMC-Lectures

No fees are associated with this lecture, but seating is limited to the first 40 registrants. For any questions, please contact Rick Kassler at richard.kassler@nyumc.org or Mia Palazzo at mia.palazzo@nyumc.org

Speakers for the July 23rd lecture:

Bonnie Marks, PsyD, is a clinical psychologist at NYU Langone's Sports Performance Center. She helps individuals develop mental skills and strategies to enhance athletic performance, remove psychological obstacles, and increase concentration and focus. Her areas of interest include mindfulness, visualization practices, meditation, and stress reduction. As a board member of the Achilles Track Club, Dr. Marks has coordinated programs for adults and children to encourage them to overcome psychological barriers. In 2012, she received a Humanitarian Award from the National Rehabilitation Association for her compassion and care for persons with disabilities.

Alison Peters, MS, is a clinical exercise physiologist at NYU Langone's Sports Performance Center, where she conducts physiological testing and trains elite and recreational athletes. She has extensive experience training athletes and active adults of all ages. A sought-after speaker, Ms. Peters has presented lectures on a diversity of topics that range from general health and fitness to sport-specific performance optimization. She is also a frequent guest on the Sirius XM show, Doctor Radio. A running enthusiast, Ms. Peters leads the NYU Langone Medical Center Running Club on weekly runs through Manhattan.

Samantha Heller, MS, RD, CDN, is a registered dietitian and clinical nutritionist at NYU Langone's Sports Performance Center, where she works with clients and athletes to optimize health and performance. Samantha holds a dual Master of Science degree in nutrition and applied physiology from Columbia University. She is the author of the best-selling book *Get Smart: Samantha Heller's Nutrition Prescription for Boosting Brain Power & Optimizing Total Body Health*. A favored health expert on television, Samantha has appeared on numerous shows, including: Dr Oz, CBS This Morning, Today Show and NY1 News. Samantha hosts the popular Health and Nutrition Show for Sirius XM Doctor Radio. You can listen to her on Friday afternoons from 12:00 – 2:00 pm, EST on Sirius XM 81.



For information on the Sports Performance Center, please visit us at www.NYULMC.org/Sports-Performance