

PREVENTING DEMENTIA: THE IMPORTANCE OF BRAIN STIMULATION & OTHER KEY FACTORS

“An ounce of prevention is worth a pound of cure.”

The audience will learn:

- Proven brain stimulation principles and exercises that strengthen brain function and stop memory decline
- Current dementia-related risk factors: to learn what risks may be present in one’s life
- Strategies to reduce risk factors- to keep more of the brain function one has *and* the gains made with the brain stimulation exercises

Who should attend:

Research indicates Americans have a 50/50 chance of having some form of dementia by their mid- 80s. Anyone experiencing ‘senior moments’- or those concerned about their memory- will greatly benefit from the seminar.



Dr. Thomas Harding learned from his mentor, Dr. James Craine, the nuances of developing specific neurotraining plans for brain injured patients. A skilled clinical neuropsychologist in both the geriatric and brain-injured populations, Dr. Harding has often provided court testimony for patients whose mental capacity for legal matters was brought into question.

Dr. Harding has made guest appearances on radio talk shows discussing dementia-related topics. He is also a frequent speaker at conferences on topics including proper brain stimulation and other dementia prevention strategies, as well as educating attendees on various mental health issues pertaining to the geriatric population.

Being community minded, Dr. Harding has served as Vice Chair of the Hawaii State Traumatic Brain Injury Advisory Board, Department of Health. While working in Maui he was a member of the Maui Geriatric Board (Hui) helping his community identify service gaps in treatment provision for the elderly. He was the featured Keynote speaker for Maui’s Annual Caregiver’s Conference in November 2009, held by the Maui County Office of Aging.

Dr. Harding’s new book, *You CAN Prevent Alzheimer’s: A Neuropsychologist’s Secrets to Better Brain Health*, shares with the reader a time-tested neurotraining program designed to create and strengthen connections between brain cells. His book also includes the most current research on known risk factors for dementia, and prevention strategies to reduce those risks.