Guest Speaker

John J. Ratey, MD,

is an Associate Professor of Psychiatry, Harvard Medical School. Dr. Ratey has been a leading teacher and researcher on brain and personality and treatment of aggression and the development of disabilities. He has written extensively on Attention Deficit Disorder, learning disabilities, brain differences that affect social skills, and his published *Shadow Syndromes,* a book that has helped broaden our understanding of the brain affects everyday life. Dr. Ratey is the author or co-author of more than 70 scientific publications and seven books. In his latest *SPARK*, he presents startling new research to prove that exercise is the truly the best defense against from mood disorders to ADHD to addiction to menopause to Alzheimer's. He explains that the brain works just as muscles do - growing with use, withering with inactivity - and shows why getting your heart and lungs pumping can mean the difference between a calm, focused mind and harried, inattentive self.

Your Brain on Exercise!

Thursday, November 12th, 2009
Hilton Garden Inn Riverwatch
Directions @ www.mcph.org/events

Register by October 28th
Fee $60
Space is limited!
Advanced payment is required
No refunds after November 5th

REGISTER ONLINE
www.mcph.org/events.htm

REGISTER BY FAX
207.629.9277 (payment to follow)

REGISTER BY MAIL
Mail $60 payment to
Maine Center for Public Health
One Weston Court, Suite 109
Augusta, Maine 04330

Name:
Title/Role:
Organization:
Work / Home Address: (please circle one)
City/State:
Zip Code:
Daytime Phone:
Email *(required)*:

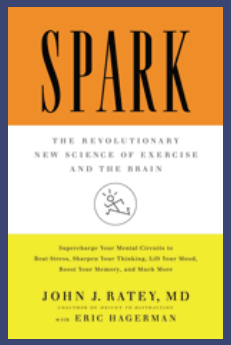
If you require special accommodations or assistance to attend this workshop, please contact mchadwick@mcph.org or 629-9272 x201 before Nov. 7th.

9th Annual
Maine-Harvard Prevention Research Center Workshop

Thursday, November 12, 2009
Hilton Garden Inn Riverwatch

Your Brain on Exercise!

Change the way you think about exercise and for that matter the way you think.



Special Guests

Author John J. Ratey, MD,
State Representative
Seth Berry
&
Charlene Burgeson,
Executive Director
National Association for Sport and Physical Education

Maine-Harvard Prevention Research Center

Maine-Harvard Prevention Research Center (M-HPRC) began in October 2000 with the mission to provide prevention research, information, implementation and dissemination activities in Maine leading to improved public health interventions and ultimately to a healthier population. The current goal is to increase physical activity, reduce obesity and improve nutrition through an applied research program.
The M-HPRC is a collaboration of the Maine Center for Public Health (MCPH), the Maine Center for Disease Control and Prevention (Maine CDC) and the Harvard Prevention Research Center (HPRC). Funding for Maine-Harvard Prevention Research activities comes from the Maine CDC, the US Centers for Disease Control and Prevention, health systems and private foundations.

Goals/Workshop Objectives

As a result of this workshop participants will:

1. Understand the research on how physical activity impacts the brain and learning
2. Learn how Maine schools have increased physical activity and physical education
3. Understand the national guidelines for PE and the recommendations for Maine schools as a result of the PE4ME
4. Know how to advocate for PE and physical activity in schools to meet national guidelines

AGENDA

8:00-8:30	Registration
8:30-8:45	Welcome
8:45-9:45	Keynote Speaker: John Ratey, MD
9:45-10:00	Q&A
10:00-10:15	Maine Response Panel
10:15-10:30	Take Time BREAK
10:30-11:30	Examples from the Field: Anthony Anderson, School Health Coordinator, RSU11 Shelly Simpson, Principal, Pittston Community School Heather Henry, School Health Coordinator, Union 106 MaryEllen Schaper, PE Teacher, Bonny Eagle Middle School
11:30	LUNCH
12:30 – 1:15	NASPE Guidelines: Science Behind the Recommendations Charlene Burgeson, Executive Director NASPE
1:15-1:35	PE4ME Recommendations: David Crawford, MPH, Program Manager, Maine CDC
1:35-2:00	PE Legislation: Representative Seth Berry STRETCH
2:00 – 2:30	Advocating for Change: Dennise Whitley, Director of Advocacy, AHA Anna Moorman, Project Coordinator, Health Policy Partners
2:30 – 2:45	Final Comments
2:45 – 3:00	CLOSING

Please include me in the **PRC Info Monthly** email:

☐ **Yes, Please** ☐ **No, Thanks**

Call the MCPH office, 629-9272, for possible cancellation information due to poor weather/travel conditions.

Audience/ Who Should Attend

School Health Coordinators
School Administrators
Physical Education & Health Instructors
HMP Directors & Staff
Health Lobbyists
Chronic Disease Partners
Legislators & Other Policy Makers
Y"s & Other Fitness Organizations