



March 15 - 21, 2010

Take time to learn more about brain health.

Brain Awareness Week (BAW) is an international campaign organized by Dana Alliance for Brain Initiatives to bring attention to the progress and benefits of brain research. Such research is helping us to understand many complex long standing cerebral-based problems, including how the brain works and how to maintain its health.

This campaign is coordinated by countless organizations in dozens of countries around the world, engaging several thousand local participants to share knowledge about brain research. Emotional Intelligence Institute, a non-profit organization at www.e-ii.org, created this flyer to support the BAW campaign.

Brain research continues to assist in uncovering new methods of reducing suffering of those with brain injuries, diseases, emotional afflictions and disorders. Research has shed light on the causes of infant brain defects and brain deterioration in later life, and has made us aware of how fitness (a nutritional diet and exercise) influences our energy level, moods, and other life-balancing mental and psychological directives.

Emerging technological tools are greatly enhancing research. The Internet provides access to countless educational resources concerning the brain. Go to www.brainweek.org to read the "2009 Progress Report on Brain Research".

Please copy and post this flyer where legal.