

*John Ratey, M.D., Author*  
**SPARK and GO WILD for Healthy Aging**  
*Lecture and Book Signing*

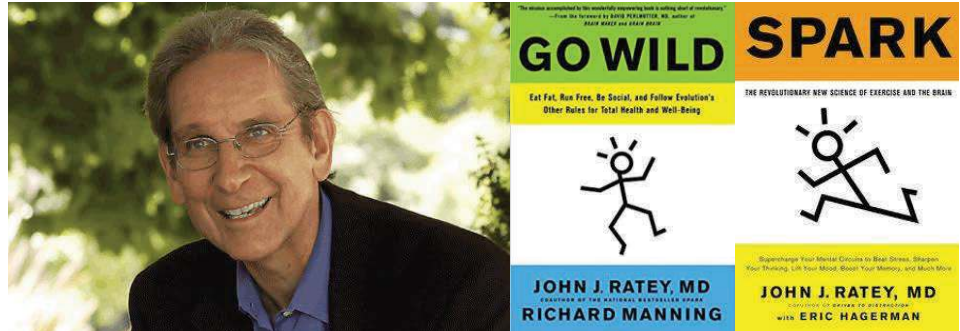
**Brookline  
Community  
Aging  
Network**

Provides information to help residents remain engaged in the community.

Advocates to make Brookline an even better place to live for seniors and everyone.

**Join us!**

**Founding  
Partners**



**Tuesday, December 5, 2017, 6 – 7:30 p.m.**

Reception: 6 – 6:30 p.m.

Program with Discussion: 6:30 – 7:30 p.m.

**Brookline Senior Center**

**93 Winchester Street, Brookline, MA**

**Free of Charge – Please call 617-730-2770 to register.**

John Ratey, MD, applies the principles of his writing and pioneering research to healthy aging in this evening presentation. In **SPARK**, Dr. Ratey presents his investigation into the transformative effects of exercise on the brain. His latest book, **GO WILD**, examines how maintaining a lifestyle more like our ancestors will restore our health and well-being. Civilization has rapidly evolved, our bodies have not kept pace. This mismatch affects every area of our lives, from our general physical health to our emotional wellbeing. **GO WILD** examines how tapping into our core DNA combats modern disease and psychological afflictions, from Autism and Depression to Diabetes and Heart Disease.

**Best-selling author, John J. Ratey, MD**, is an Associate Clinical Professor of Psychiatry at Harvard Medical School and an internationally recognized expert in Neuropsychiatry. He has published over 60 peer-reviewed articles, and 11 books. With the publication of “Spark-The Revolutionary New Science of Exercise and the Brain,” Dr. Ratey has established himself as one of the world’s foremost authorities on the brain-fitness connection. Dr. Ratey was recently honored by the Massachusetts Psychiatric Society as the “2016 Outstanding Psychiatrist of the Year” for advancing the field.