

BRAIN HEALTH: Mood, Metabolism, & Cognition

A BIOMED SEMINAR FOR NURSES: 6 CONTACT HOURS

Seminar registration is from 7:45 AM to 8:15 AM. The seminar will begin at 8:30 AM. A lunch break (on your own) will take place from approximately 11:30 AM to 12:20 PM. The course will adjourn at 3:30 PM, at which time course completion certificates are distributed.

PROGRAM / LECTURE

Registration: 7:45 AM – 8:30 AM

Morning Lecture: 8:30 AM – 10:00 AM

- **Mounting Brain Disorders in America:** Cognitive Decline, Alzheimer's Disease, Anxiety and Depression.
- **The Vulnerable Brain:** What the Brain Needs to Be Healthy.
- **The Brain's "Gatekeeper": The Blood-Brain Barrier.** What Causes a "Leaky Brain" or an "Inflamed Brain"? What are the Consequences?
- **Diabetes and the Brain: The Final Frontier.** Parallel Lives of Insulin in the Body vs. Brain. How Sugar Affects Thinking. Effect of Diabetes on the Blood-Brain Barrier. Diabetes and Depression: Double Trouble. Repurposing Diabetes Drugs for Dementia?

Mid-Morning Lecture: 10:00 AM – 11:30 AM

- **The Obese Brain.** Obesity and Cognitive Decline: Chicken or the Egg? Could Trimming Your Waistline Delay Alzheimer's Disease? Obesity and Depression: What's the Link?
- **Source of the "Western Diet":** Does What We Eat Really Affect How We Think? Are Wheat, Carbs and Sugar Really the "Silent Brain Killers"? How a Poor Quality Diet Can Disrupt Appetite Control and Promote Overeating. Food and Mood: What Foods are "Addictive" and Why?
- **Sleep and Brain.** Sleep as a "Power Cleanse" for the Brain? "Social Jet Lag" and Brain Health.
- **Leaky Gut ↔ Leaky Brain?** Neurodegenerative and Neuropsychiatric Consequences of Poor Gut Health. Gut Microbes as the Brain's Peacemaker? Trust Your Gut: The Power of a Healthy Gut and Gut Microbes to Heal and Protect the Brain. Microbiome Reprogramming: Probiotics, Prebiotics, Symbiotic, and Others.

Lunch: 11:30 AM – 12:20 PM

Afternoon Lecture: 12:20 PM – 2:00 PM

- **Oral Health and the Brain.** Periodontal Disease and Depression. Periodontal Disease and Cognitive Decline. What Factors Explain This Link? Toxic Mouth to Toxic Brain.
- **Periodontal Therapy** to Prevent or Delay Alzheimer's Disease.
- **Periodontal Disease and Brain Health.** The Role of Chronic Bacterial Infection and Inflammation on Brain Health and Overall Metabolic Health.
- **What to Eat to Defend and Fortify "the Castle."** The "Whole Foods Diet": A Feast for the Mind. "Super Foods" for the Brain?
- **Supplements and the Brain:** Hazard or Panacea? What the Science Says. Fasting for Improved Brain Health?

Mid-Afternoon Lecture: 2:00 PM – 3:20 PM

- **Nutritional Psychiatry.** Can We Eat to Beat the Blues? "Psychobiotics" for the Pursuit of Happiness? Mental Health: Thinking from the Gut? Gluten Psychosis?
- **Change Your Lifestyle to Transform Your Brain:** Physical Activity, Social Engagement, Mental Exercises and Stress-Reduction Techniques.
- **Return to the Life of Our Ancestors:** Our Modern "Paleo-Deficit Disorder." Your Brain On Nature: Nature's Influence on Brain Health and Vitality.

Evaluation, Questions, and Answers: 3:20 PM – 3:30 PM

6 CONTACT HOURS / www.biomedglobal.com

MEETING TIMES & LOCATIONS

EDMONTON, AB

Thu., April 26, 2018
8:30 AM to 3:30 PM
Radisson Hotel
4520 76th Avenue
Edmonton, AB

CALGARY, AB

Fri., April 27, 2018
8:30 AM to 3:30 PM
Executive Royal Inn
2828 23rd Street NE
Calgary, AB

CALGARY, AB

Wed., May 9, 2018
8:30 AM to 3:30 PM
Executive Royal Inn
2828 23rd Street NE
Calgary, AB

EDMONTON, AB

Thu., May 10, 2018
8:30 AM to 3:30 PM
Radisson Hotel
4520 76th Avenue
Edmonton, AB

INSTRUCTORS

Dr. Laura Pawlak (Ph.D., M.S., R.D.) (emerita) is a full-time lecturer for INR. Dr. Pawlak undertook her graduate studies in biochemistry at the University of Illinois, where she received her masters and doctoral degrees. Author of 22 scientific publications and many academic books, she conducted her postdoctoral research in biochemistry at the University of California San Francisco Medical Center.

Dr. Beverly White (Ph.D., R.D.) is a full-time instructor for INR (Institute for Natural Resources), presenting seminars nationally and internationally. For over 30 years, she has also served as a clinical dietetic consultant. Dr. White obtained her doctorate in nutrition from Oregon State University. She holds a bachelor's degree in dietetics from the University of California, Davis.

Biomed reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of Biomed.

ACCREDITATION INFORMATION

This program is designed to provide nurses with the latest scientific and clinical information and to upgrade their professional skills. Numerous registered nurses in Canada and the United States have completed these courses. This activity is co-provided with INR.

Institute for Natural Resources (INR) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

**For all inquiries, please contact customer service at
1-877-246-6336 or (925) 602-6140**

TUITION \$109

CHECKS: \$109.00 (CANADIAN) per person with pre-registration or \$134.00 (CANADIAN) at the door if space remains. **CREDIT CARDS: Most credit-card charges will be processed in Canadian dollars. Some charges will be in U.S. dollars at the prevailing exchange rate.** The tuition includes all applicable Canadian taxes. At the seminar, participants will receive a complete course syllabus and a receipt for tuition payment.

TO REGISTER

Please complete and return the registration form below. Or register toll-free with Visa, MasterCard, American Express, or Discover by calling **1-888-724-6633**. Or fax a copy of your completed registration form—including Visa, MasterCard, American Express, or Discover Number—to (925) 687-0860. Or register online at: www.biomedglobal.com.

REGISTRATION INFORMATION

Please register early and arrive before the scheduled start time. Space is limited. Attendees requiring special accommodation must advise Biomed in writing at least 50 days in advance and provide proof of disability. Registrations are subject to cancellation after the scheduled start time. A transfer at no cost can be made from one seminar location to another if space is available. Registrants cancelling up to 72 hours before a seminar will receive a tuition refund less a \$35.00 (CANADIAN) administrative fee or, if requested, a full-value voucher, good for one year, for a future seminar. Other cancellation requests will only be honored with a voucher. Cancellation or voucher requests must be made in writing. If a seminar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. A \$35.00 (CANADIAN) service charge applies to each returned cheque. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees are subject change without notice. **The rate of exchange used will be the one prevailing at the time of the transaction.**

Please check course date:

- ____ Thu., April 26, 2018 (Edmonton, AB)
____ Fri., April 27, 2018 (Calgary, AB)
____ Wed., May 9, 2018 (Calgary, AB)
____ Thu., May 10, 2018 (Edmonton, AB)

PLEASE PRINT CLEARLY

Name: _____ Profession: _____
Home Address: _____ Professional License #: _____
City: _____ Province: _____ Postal Code: _____ Lic. Exp. Date: _____
Home Phone: (____) _____ Work Phone: (____) _____
Employer: _____ E-Mail: _____
(needed for confirmation & receipt)

Please enclose full payment with registration form. Check method of payment.

____ Cheque for \$109.00 (CANADIAN) (Make payable to **Biomed General**)
____ Charge the equivalent of \$109.00 (CANADIAN) to my ____ Visa ____ MasterCard ____ American Express® ____ Discover®
Most credit-card charges will be processed in Canadian dollars. Some charges will be in U.S. dollars at the prevailing exchange rate.

Card Number: _____ Exp. Date: _____ CVV: _____
(enter all raised numbers) (card security code)

Signature: _____

Please provide an e-mail address above to receive a confirmation and directions to the meeting site.

**PLEASE RETURN FORM TO
Biomed General
3545-32 Avenue NE
Box #622
Calgary, AB T1Y 6M6
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