



PennState
Alumni Association
 Florida Gulf Coast Chapter

Annual Scholarship Breakfast

Lakehouse West
 3435 Fox Run Road, Sarasota 34231
 North of Clark Road, West of Beneva

9:00 AM Tuesday, February 4, 2020

Presenter: Cheryl Brandi

DNSc, APRN, NP-C, CDP, CADDCT, Roskamp Institute and Neurology Clinic

Brain Health and Research: Lifestyle Does Make a Difference

How much do you really understand about your brain and how it changes during the “seniority process”? How is research contributing to a better understanding of brain health? This presentation will cover “brain basics,” and explore some of the latest research in support of lifestyle factors that do make a difference in preventing or stabilizing memory disorders

For the first time, this year there will be a **\$7 charge per person** for breakfast, so registration is necessary.

Please also donate to the Scholarship Fund
 Checks can be made out to Penn State Gulf Coast Chapter

Reservations before Jan 28

Mail to:

Mary Al Gagnon 1609 San Silvestro Dr
 Venice, FL 34285

Name _____

Name _____

Enclosed is a check made payable to PSU Gulf Coast Chapter for _____
 (Cost is \$7 per person for breakfast) plus _____ for a DONATION for the
 Scholarship Fund