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## EXPERT SERIES

**Aspen Brain Institute EXPERT SERIES** is a free Zoom series featuring experts whose ideas, research and perspective can help you better understand how to take your brain's health into your own hands. The purpose of this series is to increase Brain Health literacy and share access to the top minds and evidence-based research on Brain Health.



**Dr. Nir Barzilai**  
"How to Die at a  
Very Young Age"  
May 4: 4-5PM MST



**Ed Harrold**  
"Breath as Medicine  
for Brain Health"  
May 11: 4-5PM MST



**Sandi Chapman, Ph.D.**  
"Brain Optimization:  
Better Brain. Better  
Life."  
May 18: 4-5PM MST



**Dr. David Sinclair**  
"Why We Age and  
Why We Might Not  
Have To"  
May 26: 1-2PM MST



**Dr. Annie Fenn**  
"Cooking in the Brian  
Health Kitchen"  
June 1: 4-5PM MST



**Bob Roth**  
"Transcendental  
Meditation and the  
Brain"  
June 8: 3-4PM MST



**Louie Schwartzberg**  
"Your Brain in  
Nature: The Healing  
Power of Awe"  
June 15: 4-5PM MST



**Dr. Neal Barnard**  
"Plant-Based Diet: A  
Strategy to Prevent  
Alzheimer's"  
June 22: 4-5PM MST

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