



Osher Lifelong Learning Institute

at CSU, Chico

SUMMER '18 INTERSESSION SERIES: "BRAIN STATES"

Your Brain-Body Connection & How to Improve It by Dr. Joni Samples



- **4 Workshops:** Tuesdays, August 7, 14, 21 & 28
- **When & Where:** 1:30–3PM | Craig Hall, Bradley 2, 1400 West 3RD Street

AUG. 7: THE BRAIN AND HOW IT WORKS

To know how your car runs, it helps to know what the engine does—that it needs gas, oil, maintenance, etc. That’s true of your brain as well. You don’t need to be the mechanic, but it does help to know what keeps it running well and what will help it keep running for a lot of years. In this class we’ll talk about, and review for some, the way the brain works and how to keep it well-tuned.

AUG. 14: YOUR HEART AND BODY & HOW THEY ARE CONNECTED TO THE BRAIN

We used to think that the brain controlled all the emotions; however we now know there are connections between the brain and the heart and the brain and the gut. So how do we know what those interactions are and how can we help them stay in tune with each other?

AUG. 21: IMPROVING THE BRAIN-BODY CONNECTION PHYSICALLY

How do nutrition, exercise, sleep and all those other things we’d like to ignore play into our brain health? What about sugar and alcohol? We want to be physically and mentally alert and well so what can we do to make sure the body is running on the highest octane? We’ll talk about the possibilities with no judgements!

AUG. 28: IMPROVING THE BRAIN-BODY CONNECTION MENTALLY

James Allen wrote a book called, “As a Man Thinketh.” Today we might say as a man or woman thinks, but whatever the verbiage and whether it’s Proverbs, James Allen, or the Secret, it’s about what you think. Unfortunately the thoughts are so subconscious we don’t even know we think them. This last class will be about recognizing those thoughts and making a shift in your thinking.

Register online at OLLI.CSUCHICO.EDU or mail the form below.

Web: olli.csuchico.edu • Phone: 530-898-6679 • E-mail: olli@csuchico.edu

Sign Me Up for Brain States 2018!

- August 7 \$10 August 28 \$10
 August 14 \$10 Series of 4 \$35
 August 21 \$10 **Total: \$ _____**

Name(s): _____

Full Address: _____

Email Address: _____ Phone: _____

Payment: Check payable to CSU, Chico Research Foundation Charge My Credit Card \$ _____

VISA/MC Card #: _____

Exp. _____ 3-Digit Card Security Code: _____

Mail your completed form to the OLLI office. You can also pay at the door for any workshop(s) you attend.

Mail to: OLLI at CSU, Chico
400 W. 1st Street
Chico, CA 95929-0792



Please make sure to include 4-digit zip code extension!

olli.csuchico.edu