

**Harvard Continuing Education      EXERCISE AND THE BRAIN**

John J. Ratey, MD " August 10-14, 2009

This course is designed so that participants will be able to:

- Instruct their patients on the brain changes resulting from routines of physical aerobic exercise that will help manage mood
- Instruct parents and children as to the many ways aerobic exercise makes the learner better prepared to learn by changing the attention, motivational, and impulsive control level as well as the many alterations that make the neurons ready to learn at the cellular level;
- Prescribe aerobic exercise regimens for patients to be maximizing their emotional health and cognitive function as they age.

For a complete course description, including the daily curriculum, please visit:

[www.cme.hms.harvard.edu/courses/depressionanxiety](http://www.cme.hms.harvard.edu/courses/depressionanxiety)