

THE WELLNESS ENVIRONMENT
BUILD-YOUR-BRAIN SPEAKER SERIES

Your Brain is Amazing.

LEARN MORE ABOUT IT FROM THESE EXPERTS:

IRIN CARMON

AUTHOR "NOTORIOUS RGB"

SUNDAY SEPTEMBER 8 – 1:30PM – IRA ALLEN CHAPEL

JAMIE PRICE: MINDFULNESS

*CO-FOUNDER AND PRESIDENT OF STOP, BREATHE & THINK
TUESDAY SEPTEMBER 24 – NOON – FRANK LIVAK (DAVIS CENTER)*

JOHN CRYAN: THE GUT-BRAIN CONNECTION

WEDNESDAY OCTOBER 2 – NOON – JOST (DAVIS CENTER)

ART KRAMER: THE NEUROSCIENCE OF EXERCISE

WEDNESDAY OCTOBER 9 – NOON – JOST (DAVIS CENTER)

NINA KRAUS: THE NEUROSCIENCE OF MUSIC

WEDNESDAY NOVEMBER 6 – NOON – JOST (DAVIS CENTER)

SUSAN TAPERT: ALCOHOL AND THE ADOLESCENT BRAIN

TUESDAY NOVEMBER 12 – NOON – FRANK LIVAK (DAVIS CENTER)

ALAN BUDNEY: CANNABIS AND THE BRAIN

THURSDAY NOVEMBER 14 – NOON FRANK LIVAK (DAVIS CENTER)

[GO.UVM.EDU/WESPEAKERS](https://go.uvm.edu/wespeakers)

FREE & OPEN TO THE PUBLIC. FOR ACCOMMODATIONS EMAIL [WELLENV@UVM.EDU](mailto:wellevn@uvm.edu)

