



## Guest Speaker

John J. Ratey, MD,



is an Associate Professor of Psychiatry, Harvard Medical School. Dr. Ratey has been a leading teacher and researcher on brain and

personality and treatment of aggression and the development of disabilities. He has written extensively on Attention Deficit Disorder, learning disabilities, brain differences that affect social skills, and his published *Shadow Syndromes*, a book that has helped broaden our understanding of the brain affects everyday life. Dr. Ratey is the author or co-author of more than 70 scientific publications and seven books. In his latest *SPARK*, he presents startling new research to prove that exercise is the truly the best defense against from mood disorders to ADHD to addiction to menopause to Alzheimer's. He explains that the brain works just as muscles do - growing with use, withering with inactivity - and shows why getting your heart and lungs pumping can mean the difference between a calm, focused mind and harried, inattentive self.

## Your Brain on Exercise!

Thursday, November 12th, 2009  
Hilton Garden Inn Riverwatch  
Directions @ [www.mcph.org/events](http://www.mcph.org/events)

Register by October 28th  
Fee \$60

Space is limited!  
Advanced payment is required  
No refunds after November 5th

### REGISTER ONLINE

[www.mcph.org/events.htm](http://www.mcph.org/events.htm)

### REGISTER BY FAX

207.629.9277 (payment to follow)

### REGISTER BY MAIL

Mail \$60 payment to  
Maine Center for Public Health  
One Weston Court, Suite 109  
Augusta, Maine 04330

Name:
Title/Role:
Organization:
Work / Home Address: (please circle one)
City/State:
Zip Code:
Daytime Phone:
Email (required):

If you require special accommodations or assistance to attend this workshop, please contact [mchadwick@mcph.org](mailto:mchadwick@mcph.org) or 629-9272 x201 before Nov. 7th.

## 9th Annual Maine-Harvard Prevention Research Center Workshop

Thursday, November 12, 2009  
Hilton Garden Inn Riverwatch

## Your Brain on Exercise!

Change the way you think  
about exercise and  
for that matter  
the way you think.



### Special Guests

Author John J. Ratey, MD,  
State Representative  
Seth Berry

&  
Charlene Burgeson,  
Executive Director  
National Association for Sport  
and Physical Education



# Maine-Harvard Prevention Research Center

Maine-Harvard Prevention Research Center (M-HPRC) began in October 2000 with the mission to provide prevention research, information, implementation and dissemination activities in Maine leading to improved public health interventions and ultimately to a healthier population. The current goal is to increase physical activity, reduce obesity and improve nutrition through an applied research program. The M-HPRC is a collaboration of the Maine Center for Public Health (MCPH), the Maine Center for Disease Control and Prevention (Maine CDC) and the Harvard Prevention Research Center (HPRC). Funding for Maine-Harvard Prevention Research activities comes from the Maine CDC, the US Centers for Disease Control and Prevention, health systems and private foundations.

## Goals/Workshop Objectives

As a result of this workshop participants will:

1. Understand the research on how physical activity impacts the brain and learning
2. Learn how Maine schools have increased physical activity and physical education
3. Understand the national guidelines for PE and the recommendations for Maine schools as a result of the PE4ME
4. Know how to advocate for PE and physical activity in schools to meet national guidelines

## AGENDA

8:00-8:30	Registration	12:30 – 1:15	NASPE Guidelines: Science Behind the Recommendations Charlene Burgeson, Executive Director NASPE
8:30-8:45	Welcome		
8:45-9:45	Keynote Speaker: John Ratey, MD		
9:45-10:00	Q&A	1:15-1:35	PE4ME Recommendations: David Crawford, MPH, Program Manager, Maine CDC
10:00-10:15	Maine Response Panel		
10:15-10:30	Take Time BREAK		
10:30-11:30	Examples from the Field: Anthony Anderson, School Health Coordinator, RSU11	1:35-2:00	PE Legislation: Representative Seth Berry
	Shelly Simpson, Principal, Pittston Community School	2:00 – 2:30	Advocating for Change: Dennise Whitley, Director of Advocacy, AHA Anna Moorman, Project Coordinator, Health Policy Partners
	Heather Henry, School Health Coordinator, Union 106	2:30 – 2:45	Final Comments
	MaryEllen Schaper, PE Teacher, Bonny Eagle Middle School	2:45 – 3:00	CLOSING

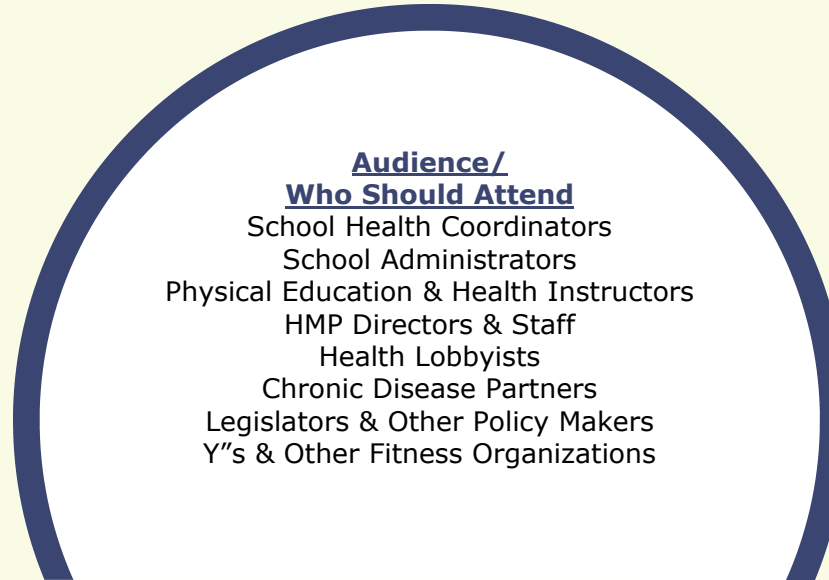
11:30 LUNCH



Please include me in the **PRC Info Monthly** email:

**Yes, Please**     **No, Thanks**

Call the MCPH office, 629-9272, for possible cancellation information due to poor weather/travel conditions.



### Audience/ Who Should Attend

- School Health Coordinators
- School Administrators
- Physical Education & Health Instructors
- HMP Directors & Staff
- Health Lobbyists
- Chronic Disease Partners
- Legislators & Other Policy Makers
- Y's & Other Fitness Organizations