



For immediate release

June 21, 2016

For further information:

Molly Renner

541-390-2009

Molly@sublimecreativeagency.com

Nationally known researcher, author to speak
Rob Wunningham, Ph.D., brings ‘Train Your Brain’ presentation to Bend audience

BEND, Ore. — Can you train your brain to delay memory problems associated with aging? Rob Wunningham, Ph.D., a professor of psychology and gerontology at Western Oregon University, will discuss mounting evidence that lifestyle factors affect memory health in a presentation at Touchmark at Mount Bachelor Village retirement community at 1 p.m., Monday, July 11.

The one-hour presentation, entitled “Train Your Brain: An Evidence-Based and Holistic Approach to Optimal Brain Health,” is open to the public, and copies of Wunningham’s just-released book “Cranium Crunches” will be available. There is no charge, but to ensure adequate seating, RSVPs are requested by calling 541-383-1414. Touchmark is located at 19800 SW Touchmark Way in Bend.

Wunningham’s presentation will discuss overwhelming evidence established from recent research that cognitive stimulation is associated with better memory ability. He will share a number of cognitive stimulation interventions including use of video games and iPads to exercise targeted regions of the brain.

The Touchmark presentation also will include a discussion on the effects of physical exercise, nutrition and social support on the likelihood of developing memory problems.

“The take-home message is optimistic and motivating,” says Wunningham. “There are many practical things all of us can do to maximize our memory abilities.”

A full professor and past chair of the behavioral sciences division at Western Oregon University, Wunningham is a renowned researcher, speaker and author in the area of brain health and memory care. He has more than 20 years of experience in applied memory issues. He creates brain stimulation activities for thousands of communities and rehabilitation facilities as part of Dr. Rob’s Cranium Crunches on www.activityconnection.com and helps create cognitive stimulation video games for www.linkedsenior.com.

Wunningham received his doctorate in neuroscience from Baylor University and his master and bachelor degrees in psychology from Western Washington University. His

-more-

books include “Train Your Brain: How to Maximize Memory Ability in Older Adulthood” and “Cranium Crunches,” which has just been published. The workbook features more than 200 pages of cognitively stimulating activities such as Trail Making, Dot-to-Dot, Mini Sudoku, Rhyming & Language and Junk Drawer Detective.

About Touchmark

Located along the Deschutes River, Touchmark at Mount Bachelor Village is an award-winning retirement community offering a range of homes and lifestyles. For more information, visit www.Touchmark.com.

-end-