

In Honor of International Brain Awareness Week



**UNM** SCHOOL of MEDICINE PRESENTS:

# Your Dazzling Brain- Keep it Balanced!

## Understanding Addictions, Habits, Intentions and Your Choices, followed by Q&A

# Wednesday, March 15<sup>th</sup>

6:30pm — 7:45pm

Albuquerque Academy



From earliest life, habits are the foundation for ever brighter experiences. Join UNM researchers and clinicians as they enlighten us about the sparks that ignite intentions into habits and, sometimes, into addictions. Learn about the new discoveries explaining these brain changes and how to live a more balanced life.

### PRESENTERS:

**Jonathan L. Brigman, PhD**

UNM School of Medicine Department of Neuroscience

**Daniel Duhigg, DO, MBA**

UNM School of Medicine Department of Psychiatry and Behavioral Sciences (adjunct faculty)

Presbyterian Health Services Addiction Services

**V. Ann Waldorf, PhD**

UNM School of Medicine departments of Psychiatry and Behavioral Sciences & Family and Community Medicine

**MODERATED BY BARRY RAMO, MD**

Medical director, Heart Center for Wellness, Fitness & Cardiac Rehabilitation. Clinical Professor, UNM School of Medicine

Medical Editor, KOAT-TV



THE EVENT IS FREE AND OPEN TO THE PUBLIC. PLEASE REGISTER AT [WWW.AA.EDU](http://WWW.AA.EDU) ON THE "COMMUNITY ACADEMY" TAB BEGINNING FEBRUARY 10

For More information contact

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