

**Campbell Kapolei  
Complex Area Presents:**

# Everything A Person Should Know About His or Her Own Brain



There are at least 10 basic things everyone should know about their own brain that impacts its optimal functioning. These include: (1) sleep hygiene; (2) nutrition; (3) stress and anxiety; (4) social contagion; (5) physical activity; (6) drugs; (7) motivation; (8) human variation; (9) human potential; and; (10) the importance of the saying, "Know thyself". This session will examine these core concepts along with their accompanying neurological and psychological foundations. The objective is to help individuals understand their own personal risk and protective factors as they relate to each concept, to fill in gaps in personal knowledge, and to create a more efficient plan for optimizing the use of the most complex organ in the universe, the brain.



**PRESENTER BIO:  
TRACEY TOKUHAMA ESPINOSA**

Tracey, a California native and with roots in Hawaii, has taught Kindergarten through University level. Currently, Tracey teaches a course at the Harvard University Extension School entitled The Neuroscience of Learning: An Introduction to Mind, Brain, Health and Education Science. Tracey's main areas of research are improved indicators to measure educational quality; the expansion of the Mind, Brain, and Education field; learning in the digital age and paradigm shifts using appropriate technologies; bilingualism and multilingualism; and the general improvement of teacher education practices. Tracey's vision is to better the social, democratic and economic structures of countries through a better educated population.

**Saturday, September 2, 2017  
9:00-11:00a.m.  
Ewa Makai Middle School**

Register your attendance online at [goo.gl/NZyeLe](http://goo.gl/NZyeLe)



OR

Return right side of this form to school with your child.  
Keep the left for your information.

The \_\_\_\_\_ family plans to attend  
the session entitled *Everything A Person Should Know  
About His Or Her Own Brain*, with presenter Tracey  
Tokuhama Espinosa.

\_\_\_\_\_ members of our family will attend

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Parent Signature