

***“Foods that Promote Brain Health”
Presented by Gina Jarman-Hill, PhD***

Dr. Gina Jarman Hill is an Associate Professor of Nutrition and the Director of the Didactic Program in Dietetics at Texas Christian University. Dr. Hill's current research interests are broad and include clinical nutrition and nutritional status of elderly living in the community. Dr. Hill earned her PhD and BS in Food and Nutrition at Texas Tech University in Lubbock. She teaches a variety of courses in medical nutrition at TCU.



Are you eating right? The foods you eat do make a difference in how well your brain functions, now and as you age. Well-nourished brain cells are the best defense against age related dementing illnesses such as Alzheimer's. Find out what foods promote brain health from one of Texas' foremost experts on nutrition.

**November 17, 2011
2 to 3:30 pm**

**First Presbyterian Church
1000 Penn Street
Fort Worth, 76102**

**There is no charge to attend but reservations are appreciated.
Please call Judy Budlong at 817-336-4949 or 800-272-3900**