

INSIGHTS FROM NEUROSCIENCE TO HELP EVERY CHILD THRIVE:

How DANCE might aid Brain Development and Critical Cognitive Skills

FRIDAY, JANUARY 22, 2016

5:30 – 7:30 PM

UCLA SEMEL INSTITUTE AUDITORIUM



An interactive lecture-demonstration by:
NEUROSCIENTIST, ADELE DIAMOND
and the children of
THE CALIFORNIA DANCE INSTITUTE



Research shows that all aspects of a person (cognitive, emotional, social, and physical) are strongly interrelated.

Executive functions of the brain (critical for reasoning, planning, creativity, and self-control) should develop best when one feels emotionally and socially nourished and physically healthy.

Dr. Adele Diamond will present the scientific basis for why the arts, play, and physical activity may be critical for achieving the outcomes we all want for our children.

As Dr. Diamond explains executive functions, you will witness executive functions in action (illustrated through dance).

**What if activities like dance and music
that address the whole person (mind, body, and spirit)
are essential for children to thrive?**

DR. ADELE DIAMOND is ranked as one of the 15 most influential neuroscientists alive today. As a pioneer of the field of Developmental Cognitive Neuroscience, she is at the forefront of work on prefrontal cortex and executive functions.

THE CALIFORNIA DANCE INSTITUTE (CDI) is an in-school dance and music program that teaches life and learning skills through dance. CDI is directed by Carole Valleskey, a former ballerina of Joffrey Ballet Company.



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