2019 Brain Awareness Week Free Events
The University of Colorado Boulder

Sunday, March 10, 2019
10:00 am - 3:00 pm

“High School Brain Bumble” by CU Boulder NeuroScience Club
CU Recreation Center Lower Gym
1835 Pleasant St, Boulder, CO 80302

How much do you know about the brain and how it works? Learn and test your knowledge, visit interactive booths, and win prizes at this fast-paced, fun-filled event for high school students.

For more information on time and location >> NeuroScienceClub@colorado.edu

Wednesday, March 13, 2019
2:00 pm - 3:00 pm

“Psychological Approaches to Reducing Chronic Pain” by Yoni Ashar
City of Boulder East Senior Center
5660 Sioux Dr., Boulder, CO 80303

Learn about the brain, chronic pain, and implications for psychological treatments of chronic pain.

Register @ https://tinyurl.com/March13PainTalk

Thursday, March 14, 2019
6:00 pm – 7:00 pm

“Inflammation, Stress and the Microbiome” by Kelsey Loupy
CU Boulder Center for Community (C4) Abrams Lounge S336

How is stress, diet, untreated allergic responses chronically activating your immune system and how does that interfere with brain function? Learn more, and how we can protect our brains from the negative effects of inflammation.

More info >> https://tinyurl.com/CUBAWEvents

The University of Colorado Boulder is committed to providing equal access to individuals with disabilities. If you are planning to attend these events and will require accommodations, please contact https://www.colorado.edu/institutionalequity/ada no later than 7 days prior to an event.
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Friday, March 15, 2019
12:15 pm – 12:45 pm

Feel Good Friday Meditation
CU Boulder Art Museum, 1085 18th Street, Boulder, CO
Visitor parking at 1722 Euclid Avenue, Boulder, CO 80302

Students, staff and faculty are welcome to attend this weekly drop-in powerful guided meditation group. Bring materials for personal comfort that will aid meditation (e.g., yoga mat, a small pillow or cushion, etc.).

More info >> https://tinyurl.com/CUMeditation

Saturday, March 16, 2019
2:00 pm – 4:00 pm

Community Brain Expo
Center for Innovation and Creativity
1777 Exposition Drive, Boulder, CO

Join us for this for-all-ages event with demonstrations, hands on activities, information and more to get to know your brain. Learn about what is happening in the fields of psychology, cognitive science, neuroscience research at CU Boulder and beyond.

More info >> https://tinyurl.com/CUBAWEEvents

Tuesday, March 19, 2019
6:00 pm – 7:30 pm

“When should I be concerned? A talk about attention, learning, and behavior disorders for parents, caregivers, and educators” by Drs. Nomita Chhabildas and Erik Willcutt
Casey Middle School Auditorium
1301 High Street, Boulder, CO

Learn about the most recent scientific information on evidence-based evaluations and treatments for attention, learning, and behavior disorders in children from experts in neuroscience and psychology.

More info >> https://tinyurl.com/CUBAWEEvents

For more information go to: https://tinyurl.com/CUBAWEEvents

Events sponsored by the Intermountain Neuroimaging Consortium @Institute of Cognitive Science, University of Colorado Boulder