



Discover Balance

"Change Your Brain--Change Your Life"

Tuesday, September 13, 10:30am-12:00pm
DWN HUB

Discovering What's Next® invites you to the Discover Balance Meeting-Up, *Change Your Brain—Change Your Life*, Tuesday, September 13, 10:30am - 12:00pm, DWN HUB, Newton Cultural Center, 225 Nevada Street, Room #104, Newton, led by Joel Ziff, Ed.D.

Humans are the only species who have the ability to change the biology and functioning of their brains in a conscious way that allows us to grow and change. These changes help restore our mind-body-spirit to greater balance and harmony. Joel will review some of the recent dramatic and interesting scientific discoveries about brain functioning and consider how we can apply that knowledge to make changes in our brains in order to achieve our goals.

Joel Ziff, Ed.D. has been a psychologist in private practice for more than 30 years working with individuals, children, couples and families who are facing life's challenges related to marital issues, educational and psychological issues as well as substance abuse and sex addiction. Joel is also a Senior Lecturer at Cambridge College where he designed and teaches a course in Applied Neuroscience. He is author of *Mirrors in Time: The Psycho-Spiritual Journey through the Jewish Year*.

Fee for this program is \$5.00 payable at the door. Kindly pre-register for this program by email to info@discoveringwhatsnext.com or phone 617-467-5438.