

# Burke's

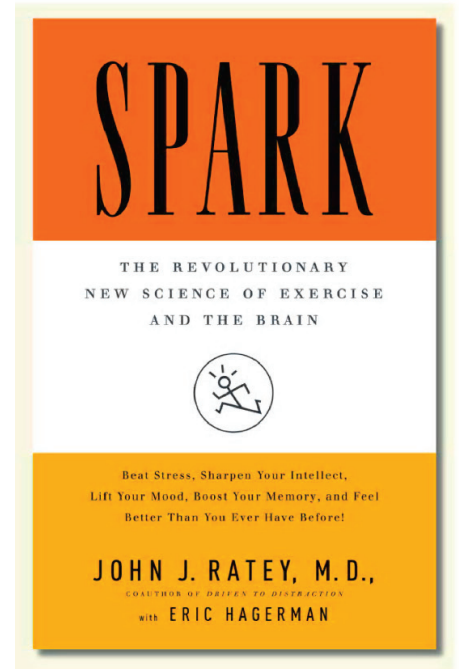
Ideas | Conversation | Community • Speaker Series 2009 | 2010

presents **JOHN J. RATEY, M.D.**

Wednesday, **November 18, 2009**

**9 am at Burke's**

7070 California Street, San Francisco, CA



Dr. John Ratey, Associate Professor of Psychiatry at Harvard Medical School, presents the latest research on how certain exercise can optimize brain function. He demonstrates exactly how and why physical activity is crucial to the way we think and feel.

Find out how to supercharge your mental circuits to ...

beat stress,  
sharpen your thinking,  
lift your mood,  
boost your memory,  
and much, much more.

Copies of *Spark: The Revolutionary New Science of Exercise and the Brain* will be available for purchase courtesy of Green Apple Books and Music.

For more information about Dr. Ratey, check out his website: [www.johnratey.com](http://www.johnratey.com).

**Please DO NOT PARK ON 32ND AVENUE between California and El Camino.**

The Speaker Series is sponsored by Burke's Parents' Association.



**Educate, Encourage & Empower Girls**

Katherine Delmar Burke School

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