

You've heard **WHAT** to do for your brain.

Discover **WHY** it works.

Because when you understand the **WHY**, healthy habits become more meaningful—and more likely to stick.

Brain Boot Camp[™]

Train Your Brain Through Your Body[™]



Brain Boot Camp[™] brings brain science to life through memorable explanations, demonstrations, interactive experiences, and real-world examples that make the **WHY** click.

You'll Discover:

- Why those frustrating memory lapses happen—and what's going on in your brain when they do
- Why how you sit and stand affect how you think
- How your brain uses sensory information to control balance, coordination, and movement
- Why your everyday habits change how well your brain functions

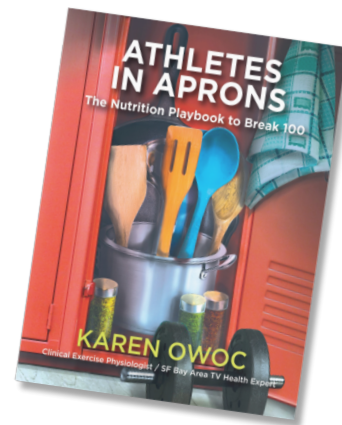
Meet Karen Owoc

Karen Owoc is an ACSM Certified Clinical Exercise Physiologist, author, and television health expert with a career spanning clinical care, health and exercise education, and broadcast media.

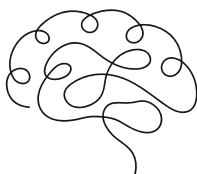
Her clinical background includes preventive cardiology, cardiac and pulmonary rehabilitation, metabolic health education, brain health and cognitive training, balance and fall prevention, cancer survivorship exercise, and functional movement assessment.

Karen is known for translating complex health science into memorable, real-world experiences that help people understand not just **WHAT** to do, but **WHY** it matters.

She is the author of *Athletes in Aprons: The Nutrition Playbook to Break 100* and has delivered **more than 240 live television health segments** for KRON 4 News, ABC10, and NBC Bay Area.



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MAKING HEALTH SCIENCE MEMORABLE