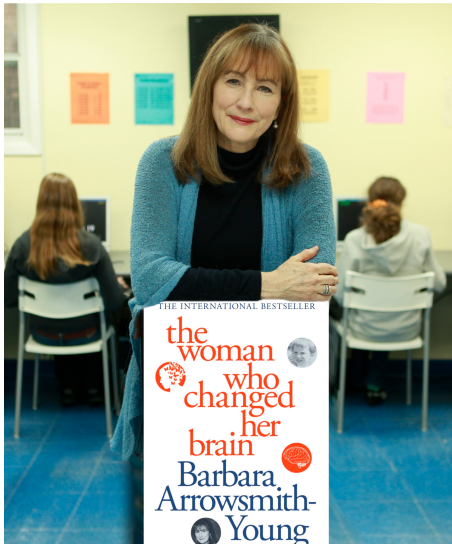


## Presents an Afternoon with Barbara Arrowsmith-Young

### Changing Brains, Exploring a New Reality

Neuroplasticity and Learning



*A presentation by:*

**Barbara Arrowsmith-Young**,  
Founder of the Arrowsmith Program  
Author of the International Bestseller  
*The Woman Who Changed Her Brain*

Barbara Arrowsmith-Young is recognized as a pioneer, as the creator of one of the first applications utilizing the principles of neuroplasticity to overcome learning disabilities.

### Why Attend?

- ✓ Find out about Barbara's journey of discovery, the lines of research she combined and the outcomes achieved over 40 years
- ✓ Appreciate the range of cognitive 'glitches' leading to learning challenges and begin to see behaviour through a cognitive lens
- ✓ Learn how learning difficulties do not need to be lifelong
- ✓ Get insight into the principles of neuroplasticity and the factors leading to brain change
- ✓ Hear about the latest research into neuroplasticity, learning and Arrowsmith's innovative educational approach



**Arrowsmith  
PROGRAM**

*Strengthening Learning Capacities®*

'Barbara's story...is truly heroic, on par with the achievements of Helen Keller.' *Norman Doidge, M.D.*  
*author of The Brain That Changes Itself*

'It will open your mind to new possibilities on how to deal with 'traffic jams' in the brain.' *Alvaro Fernandez, Sharp Brains*

'Arrowsmith-Young explains some of the most complex neurological concepts in a personal and breathtakingly simple way.' *Sarah Barmak, Globe and Mail*

### Event Details:

**Date:** February 1, 2020

**Time:** 3.00 - 5.00pm  
followed by book signing

**Location:** Central Library  
Alma VanDusen and Peter Kaye Room  
350 West Georgia Street Vancouver,  
BC V6B 6B1



Register here  
for this event