

# Free Public Lecture

## Tuesday 3 December at 6 PM

### Adelaide Convention Centre



### **Health, Fitness, and Addiction: The Neuroscience of Brain Resilience**

A free public lecture by neuroscientist and author  
**Professor Selena Bartlett**



Hosted by  
Channel 9's  
**Tom Rehn**



To register for free tickets, click [here](#), or Google “ Eventbrite 73524518815 ”, or use the QR code below.

**Professor Selena Bartlett** is a neuroscientist and author of "*MiGGi Matters: How to Train Your Brain to Manage Stress and Trim Your Body*". She is a world leader in studying how our brains respond to stress with addictive behaviours such as binging on sweet foods, drinking, and smoking. In a free public lecture, she will tell us how we can improve our lives by relying less on our willpower and using more of our brainpower! Channel 9's **Tom Rehn** will MC the event by interviewing Selena and selecting questions from the audience.

This year, the **Australasian Neuroscience Society** is holding its **39th Annual Scientific Meeting** in Adelaide.

To promote broader understanding of neuroscience, ANS is presenting a free public lecture by one of its plenary speakers, Professor Selena Bartlett. **Please print out your tickets or have them ready on your mobile phone to show to security at the Adelaide Convention Centre. Doors open at 5.30 PM. Please be seated and ready by 6 PM !**



The **Australasian Neuroscience Society** is a non-profit organisation of scientific researchers and clinicians who study the brain, cognition, and nervous system structure and function in health and disease. It is the largest assembly of neuroscientists in the Southern Hemisphere.