



**INTRODUCTION  
CYNTHIA GREEN, PHD**

One of America's foremost memory fitness and brain health experts, Cynthia R. Green, Ph.D. is a speaker, author and spokesperson, currently serving on the faculty of the Mount Sinai School of Medicine where she founded The Memory Enhancement Program.

The success of this widely praised program led to the publication of Dr. Green's popular self-help book, **Total Memory Workout: 8 Easy Steps to Maximum Memory Fitness**, which is now in its tenth printing and has been translated into four languages. Her latest book, **Your Best Brain Ever**, written in collaboration with the National Geographic Books, was named a "2013 Top Guide to Life After 50" by the Wall Street Journal.

Please join me in welcoming Dr. Cynthia Green!