



Executive Breakfast Presentation Series

Date: Wednesday, June 11, 2008

**Time: 8:00 to 8:30 am - Gathering and refreshments
8:30 to 10:00 am - Presentation and discussion**

**Location: The Stables
206 Wirt Street, NW, Leesburg, VA 20176**

Brain Fitness: Use it and Improve it **Keep Your Brain in Shape to Lead!**

For the next E-Breakfast event, we are going to offer a topic far different from anything we have sponsored in the past. Exercise is to most of us a part of our daily regimen to maintain a healthy life. But have you ever tried to exercise your brain? That is the topic for our program on Wednesday, June 11, 2008, gathering at 8 am and adjourning by 10 am.

Jim Luce, COO of Anova Senior Kare, is going to introduce us to Posit Science's groundbreaking Brain Fitness Programs which have been scientifically validated to improve UFOV® by 200%, increase cognitive processing speed by 131%, and improve memory by 10 years. Jim will talk to us about how we can get our brains in shape and promote the growth of new brain cells and neural networks so we can perform at our peak levels. AND, he will be demonstrating the program via video projection. (Please Note that this will not be a selling presentation, but rather one of new information.)

The programs that Jim will describe are designed to target important roots of memory and thinking—the ability of the brain to absorb information from the senses. The quality with which your brain processes sights and sounds has a direct relationship with how quickly you think and how well you remember. After all, what is a memory but a combined recollection of things you sensed—what you saw, heard, felt—at a particular time?

We hope you will join us for networking, fellowship, fresh coffee, beverages, and pastries, and the informative presentation by Jim Luce. Please RSVP to Miles LeHane Companies at (703-777-3370) or to Wendy Drury (feedback@mileslehane.com) or to Dave Ulrich (dulrich@mileslehane.com). We ask that you secure your space as soon as possible. But, feel free to bring a guest, or if you are unable to attend you may pass the invitation on to a friend or associate. Please plan to park across Wirt Street in the old School Board lot and enter our new building (The Stables) through the center side entrance between the 4 garage doors.

See you on June 11th

Kind regards,

A handwritten signature in black ink that reads "Dave Ulrich".

David N. Ulrich
Director of Marketing
Miles LeHane Companies
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