

NEWS RELEASE

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FOR IMMEDIATE RELEASE

HARVARD PROFESSOR, INTERNATIONALLY RENOWNED NEUROPSYCHIATRY EXPERT TO SPEAK AT CP OF NYS ANNUAL CONFERENCE OCTOBER 30 IN SARATOGA SPRINGS

Cohoes, NY – John J. Ratey, MD, an Associate Clinical Professor of Psychiatry at Harvard Medical School and an internationally recognized expert in Neuropsychiatry, will be a Featured Speaker at the 57th Cerebral Palsy Associations of New York State (CP of NYS) Annual Conference, Tuesday, October 31 in Saratoga Springs. His presentation will focus on the positive effects of exercise on the brain and the critical importance of exercise for the wellbeing of people with disabilities and mental health issues.

While serving as Harvard’s Assistant Director of Residency and Medical Student Training, Dr. Ratey began his groundbreaking research on aggression, autism and Attention Deficit Disorder, leading to a career of speaking and teaching around the world. His work in Attention Deficit Disorder began after he and former student Ned Hallowell recognized and diagnosed their own ADD, prompting them to write a book to raise awareness and understanding of the diagnosis to a lay audience. “**Driven to Distraction**” became a bestseller, with over 2 million copies in print, and is still considered one of the **Bibles of ADD**.

The publication of “Spark: The Revolutionary New Science of Exercise and the Brain”, launched Dr. Ratey on a world-wide mission to re-engineer schools, corporations, and individual lifestyle practices by incorporating exercise to achieve peak performance and optimum mental health. His non-profit, Sparking Life explains how to achieve optimal physical and mental health by getting in touch with our caveman roots, and how we can “re-wild” our lives.

For more information visit our website at <http://www.cpodnys.org/2017-annual-conference/>
The CP of NYS Annual Conference is sponsored in part by the Irwin Siegel Agency, BDO and Sinclair Risk & Financial Management.