



Meet **John Pepper**, author of

R E V E R S E P A R K I N S O N ' S D I S E A S E

and feature case study in New York Times best-selling book *The Brain's Way of Healing* by Norman Doidge, MD

Two speaking engagements:

Sunday, August 28th
2:00 pm to 3:30 pm
Eliot Church
474 Centre Street
Newton, MA

Monday, August 29th
6:30 pm to 8:00 pm
Canton Library
786 Washington Street
Canton, MA

John Pepper was diagnosed with Parkinson's Disease in 1992. By 1996 he was asked to stand as Chairman of the Parkinson's Association of South Africa which he held for five years. Through determination, common sense, and persistence he has overcome most his Parkinson's symptoms.

His message of hope is consistent with the latest research on exercise as a powerful tool to keep the brain as resilient as possible. In particular his story was recommended reading by acclaimed author and expert on neuroplasticity, John Ratey, MD, who wrote "Spark, the Revolutionary Science of Exercise and the Brain."

To register for events or request more information, contact:
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