



LINCOLN PARK VILLAGE

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In Quest for a Long and Healthy Life, Brain Health and Sense of Purpose are Inseparable

CHICAGO April 2, 2014 [Peter J. Whitehouse](#), M.D., Ph.D., a nationally recognized expert on how to achieve optimal brain health, will speak at The DePaul Art Museum, 935 W. Fullerton Ave., Chicago, at 7 p.m. on Thursday, April 17. His talk, "A Revelatory View of Brain Health: Guiding Our Lives Down a Journey of Purpose," is sponsored by [Lincoln Park Village](#), a leader in the pioneering village movement that is changing the landscape of aging in America.

While diet, exercise and cognitive stimulation are keys to living a longer and with greater resilience, Dr. Whitehouse believes that having a strong sense of purpose is even more essential in the search for a meaningful life. He asserts: "Brain health, deeply and broadly conceived, is essential to who we are as individual mortal human beings. It helps create a sense of belonging in our communities and helps determine how we will face the future."

Dr. Whitehouse defines brain health as a new and evolving concept that signals a positive shift away from purely biomedical and pharmaceutical models, instead moving toward psychosocial, educational and arts-based approaches to remaining cognitively and emotionally healthy. Dr. Whitehouse is a professor of Neurology at Case Western Reserve University and professor of Medicine at the University of Toronto.

For more information about this event, contact Lincoln Park Village at (773) 248-8700 or celebrate@lincolnparkvillage.org. Payment is \$10 in advance, \$15 (cash only) at the door; and \$5 for students. Mail checks to Lincoln Park Village, 2502 N. Clark St., Chicago, IL 60614.

Lincoln Park Village is a leader in the nationwide [village movement](#). As an innovative, nonprofit membership community, Lincoln Park Village is creating new ways to thrive, to contribute, and to live well while living longer. The village's trusted services and resources are delivered with personal attention. Its programs and events build the strong, lasting neighbor-to-neighbor bonds so essential to sustaining a grassroots, volunteer-first organization. The Village's Member-Plus program enables all neighbors, regardless of income, to join and integrate fully into Village life. Together, its members are helping to invent a different future for older adults in America.

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