

@UlowaNeuro Notes

July 2023

Heading into August is a good time to remind ourselves to be purposeful in taking breaks from work. As neuroscientists, we know the importance of rest for brain health. We can't forget to put our knowledge into practice in our own lives in support of balance and health.

Here I am with my son, Seamus, while my "out of office" reply was set in June. I wish you all a bit of rest to end the summer and look forward to a new academic year together.



Ted