



## Cynthia R. Green, Ph.D.

Cynthia R. Green, Ph.D. is one of America's foremost memory fitness and brain health experts, as well as an acclaimed author, respected lecturer, and sought-after spokesperson known for her engaging and personable presentation style. She has appeared on *Good Morning America*, *20/20*, *CNBC*, and *National Public Radio's "Talk of the Nation,"* as well as in the pages of *Time*, *Newsweek*, *The New York Times*, *The Washington Post*, *The London Standard*, *Good Housekeeping*, *Prevention*, and *Parenting*. Dr Green is also the founder and president of Memory Arts, LLC, a company that provides memory fitness and brain health training to organizations, corporations, and individuals.

Originally from Greensboro, NC, Dr. Green received her B.A. *cum laude* from Smith College and her Ph.D. in clinical psychology from New York University. Dr. Green has served on the faculty of the Mount Sinai School of Medicine and the Mount Sinai/New York University Health System since 1990, and is currently an assistant clinical professor in the school's Department of Psychiatry. Dr. Green is a recognized expert in the diagnosis and treatment of Alzheimer's disease, and has previously held several positions within the Mount Sinai Alzheimer's Disease Research Center, including co-principal investigator on a number of clinical Alzheimer's treatment trials. She has published several professional articles on the subject.

In 1996, Dr. Green founded The Memory Enhancement Program at the Mount Sinai School of Medicine in New York, a unique and innovative program designed to enhance memory fitness in healthy adults of all ages. The program received wide general and professional praise, and led to the publication of Dr. Green's popular self-help book in 1999, *Total Memory Workout: 8 Easy Steps to Maximum Memory Fitness* (Bantam Books). The book, now in its ninth printing has been translated into four languages. In 2008, Dr. Green co-authored *Through the Seasons* (Johns Hopkins University Press), an activities book for memory-challenged adults and their caregivers.

Most recently, Dr. Green collaborated with the editors of *Prevention* in 2009 on another popular book titled, ***Brainpower Game Plan: Food, Moves, and Games to Clear Brain Fog, Boost Memory, and Age-Proof Your Mind in 4 Weeks*** (Rodale). The book features a scientifically grounded 30-day "game plan" that encourages adults to build better brain health habits through exercise, diet, and practical, brain training techniques.

Dr. Green is a member of the American Psychological Association and the American Geriatrics Society. She serves on the Scientific Review Board of the Institute for the Study of Aging, and she is on the editorial board of *Activities Directors' Quarterly for Alzheimer's and other Dementia Patients*. Dr. Green also maintains a private practice in New York City. She currently resides in northern New Jersey with her husband and their three children.