



Cynthia Green, Ph.D. Short Bio

One of America's foremost memory fitness and brain health experts, Cynthia R. Green, Ph.D. is a speaker, author and spokesperson, currently serving on the faculty of the Mount Sinai School of Medicine where she founded The Memory Enhancement Program. The success of this widely praised program led to the publication of Dr. Green's popular self-help book, **Total Memory Workout: 8 Easy Steps to Maximum Memory Fitness**, which is now in its tenth printing and has been translated into four languages. Her book, **Brainpower Game Plan: Food, Moves, and Games to Clear Brain Fog, Boost Memory, and Age-Proof Your Mind in 4 Weeks**, features a 30-day "game plan" that trains and encourages adults to build better brain health habits.