

### **Season 3 of the Krembil Brain Institute's Your Complex Brain podcast is here!**

We are once again bringing you inside UHN's Krembil Brain Institute – one of North America's largest and most innovative neurological centres – to meet the scientists & physicians advancing discovery, the patients who inspire us, and the care teams who support them.

This season, we're exploring some big new research in brain health, including: What young women need to know about preventing a stroke, Can loneliness re-wire your brain? And how you can reduce your chances of Alzheimer's.

We'll also take you to the forefront of AI-powered brain science, dive into the link between genetics and reading disabilities, and find out why getting a good night's sleep is crucial for brain health.

There are a million amazing things to know about your complex brain – and we couldn't be more excited to explore them with you. Season 3 launches on March 19, with episodes every other Tuesday. Subscribe to Your Complex Brain so you don't miss a thing.

The Your Complex Brain production team is Heather Sherman, Jessica Schmidt, Dr. Amy Ma, Kim Perry, Sara Yuan, Meagan Anderi, Liz Chapman, and Lorna Gilfedder.

Thank you for listening!