

A sample slide

Theorem (The Poincaré inequality)

Suppose $\Omega \in \mathbf{R}^n$ is a bounded domain with smooth boundary. Then there exists a $\lambda > 0$, depending only on Ω , such that for any function f in the Sobolev space $H_0^1(\Omega)$ we have:

$$\int_{\Omega} |\nabla u|^2 dx \geq \lambda \int_{\Omega} |u|^2 dx.$$

Here is what *itemized* and *enumerated* lists look like:

- itemized item 1
- itemized item 2
- itemized item 3

- ① enumerated item 1
- ② enumerated item 2
- ③ enumerated item 3