

# Brain Health Programs



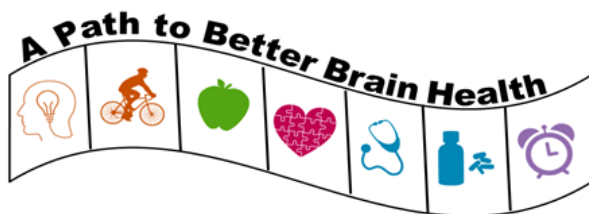
## Work-Out For your Brain 1

- 1.5 hour class
- Signs of memory loss
- Sample activities to challenge your brain
- Explore a variety of brain games in a fun and interactive group setting



## Work-Out For your Brain 2

- 1.5 hour class
- Basic education on all elements of brain health
- Sample activities to challenge your brain
- Explore a variety of brain games in a fun and interactive group setting



- 2 hour class, 5 weeks
- Presented by local experts
- Research and science of contributors to brain health among: nutrition, social connections, physical and mental activity, medical and medications
- Identify your area of risk and create a weekly goal towards positive change



## BE! Brain Enrichment Course

- 1.5 hour class, 10 weeks
- For the committed learner who wants to develop a pattern of brain health exercises each week in a supportive and fun small group setting