

Boost your Brain and Memory

Brain Fitness



Extension



BEING PROACTIVE ABOUT YOUR BRAIN HEALTH IS A SMART MOVE!

Developed by Mather LifeWays Institute on Aging, this evidence-based program is designed to help you learn and practice the most promising strategies for keeping your brain healthy as you age. This program uses a unique, whole-person approach to brain fitness, providing you with healthy practices that can help you remember things better, be more organized, pay closer attention, and reduce your stress—as well as reduce your risk of dementia. A multi-faceted brain health program that goes beyond simple brain games focusing on lifestyle factors that impact brain health, and memory strategies that participants can implement in their daily lives.

Session 1: Explore the latest research on brain health and why it's important at any age. Learn how physical activity is linked to cognitive performance to lower the risk of dementia.

Session 2: Chronic stress can lead to the long term build up of cortisol that can impact the brain negatively. Learn relaxation and mindfulness techniques. . Intellectual activities challenge you to think. Learn how these stimulating activities benefit your brain.

Session 3: Learn brain healthy dietary habits and how spiritual activities have positive effects on the brain and body.

Session 4: Get the most out of social interactions that play a role in brain health. Put the theory of cognitive reserve to work for your holistic plan to make lasting lifestyle changes for positive brain health and memory.

Each participant will receive a workbook that includes memory exercises, tips on nutrition and exercise, and summaries of evidenced based research on brain health.

Information: bit.ly/UNHEXTBYB

