

Transcript: Boost Your Brain and Memory Online Self-Study Course

Boost Your Brain and Memory Online Self-Study Course

Learn- Learn from Home, Decide your Schedule, Self-Paced

Modules- Nutrition, Brain fitness plan, stress management

Activities- Physical activity, Spiritual Activity, Intellectual Activities

Learning Objectives- Latest research on brain health, Understanding cognitive reserve, Cross-train your brain, mindful practices and memory tips

Join us for our next Boost Your Brain and Memory online course: <https://extension.unh.edu/health>

See you soon

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