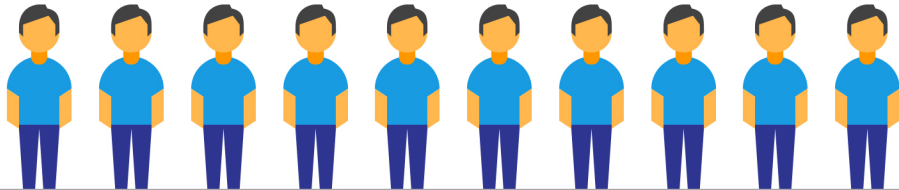


# WHY A VIRTUAL BRAIN HEALTH CENTER?

## YOUR BRAIN HEALTH MATTERS

Brain health is important to 93% of Americans but few know how to help maintain or improve it.<sup>1</sup>



Brain health is ranked as a top health concern among adults.<sup>1-3</sup>

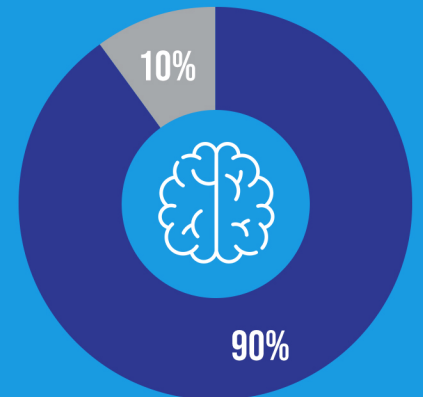


A growing number of adults report fearing a decline in their brain health in the future.<sup>2,3</sup>



Take control and shape your brain. Our brains have the ability to adapt to change throughout our lives- use this to your advantage.

**BRAIN HEALTH IS  
90% LIFESTYLE AND  
10% GENETICS.<sup>4</sup>**



**THERE IS A GREAT INTEREST  
IN RECEIVING RELIABLE,  
RESEARCH-INFORMED  
INFORMATION ABOUT  
BRAIN HEALTH.<sup>1-4</sup>**

### REFERENCES:

1. David, Patty, and Vicki Gelfeld. Brain Health Research Study. Washington, DC: AARP Research, September 2014. <https://doi.org/10.26419/res.00096.001>
2. Skufca, Laura. 2015 Survey on Brain Health. Washington, DC: AARP Research, October 2015. <https://doi.org/10.26419/res.00114.001>
3. National Poll on Healthy Aging, May/June 2019, <http://hdl.handle.net/2027.42/149132>
4. Gupta, Sanjay. Keep Sharp: Build a Better Brain at Any Age. New York, NY: Simon & Schuster, January 2021.



Brain health is for everyone regardless of a brain related condition, health diagnosis, or other factor.



In essence, everything we do or do not do matters to our brains. Keep your brain top of mind.



It is never too early nor too late to embrace a brain healthy habit. Lifelong brain health matters.

## OUR VIRTUAL BRAIN HEALTH CENTER IS HERE FOR YOU



[www.virtualbrainhealthcenter.com](http://www.virtualbrainhealthcenter.com)



[info@virtualbrainhealthcenter.com](mailto:info@virtualbrainhealthcenter.com)



@VirtualBrainHealthCenter



@VirtualBrainHealthCenter



@VirtualBrainCtr

©2021 Virtual Brain Health Center



**VIRTUAL BRAIN  
HEALTH CENTER**