



ANNOUNCING OUR ANNUAL

BRAIN AWARENESS WEEK

EVENTS THAT SHARE THE WONDERS OF THE BRAIN & THE
IMPACT BRAIN SCIENCE HAS ON OUR EVERYDAY LIVES.

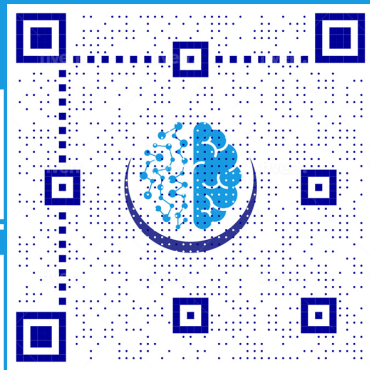


In celebration, we will be offering
FREE PROGRAMS March 14-20, 2022.

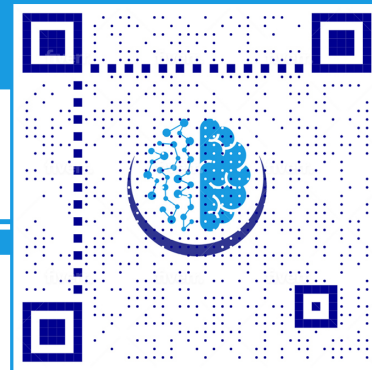
Our live, virtual classes are offered 3 times per day at 11 AM EST, 2 PM EST, and 7 PM EST.

ADVANCE REGISTRATION IS REQUIRED. JOIN US TODAY!

WEBSITE



EVENTBRITE



**OUR BRAIN AWARENESS WEEK PROGRAMMING IS MADE
POSSIBLE THANKS TO OUR COLLABORATIVE PARTNERSHIPS**



TO REGISTER



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MON MARCH 14, 2022

MIND YOUR BRAIN

- 11 AM** The Importance of Brain Health with the Virtual Brain Health Center
- 2 PM** Combatting Chronic Stress to Improve Brain Health with Jennifer Reeder, LCSW, Alzheimer's Foundation of America
- 7 PM** Understanding Brain Injury & an Update on Long-COVID with Shaun Porter, MSc, of ABI Wellness

TUE MARCH 15, 2022

AN ARTSY BRAIN

- 11 AM** Nia Dance Movement with Jennifer Hicks, MHSc
- 2 PM** Spring Drawing Tutorial with Cailey Massey, Owner & Founder of Artfull Enrichment Inc.
- 7 PM** Trees in Your Brain: A Science-Art Exhibit with Dr. Dana Simmons, Ph.D.

WED MARCH 16, 2022

KEEP YOUR MEMORY SHARP!

- 11 AM** Musical Memory Care with Shannon Wallace, CDP, Founder of Musical Memory Care
- 2 PM** Memory Enhancement: Your Brain on Color with the Virtual Brain Health Center
- 7 PM** Virtual Reality Applications for Brain Health with Dr. Laura Garcia, Ph.D., Applied VR

THU MARCH 17, 2022

TOOLS TO OPTIMIZE YOUR BRAIN CARE

- 11 AM** The Silent Epidemic: How Hearing Loss Impacts Your Brain with Diana Sowers, Doctor of Audiology, and Matt Reiners, Co-founder of Eversound
- 2 PM** Your Brain on Purpose with Anna Hall, Founder of the Purpose Equation
- 7 PM** EngAGE Your Brain! Interactive Brain Aerobics with the Virtual Brain Health Center

FRI MARCH 18, 2022

LIGHTEN UP! YOUR BRAIN ON FUN

- 11 AM** Chair One Fitness with Alexis Perkins, Founder of Chair One Fitness
- 2 PM** Escape to Play! with Calvin Kai Ku, Healthcare Clown of The Medical Clown Project
- 7 PM** The Next Generation of Brain Health Advocates with Giovanna Manson-Hing, MA, BS, The Youth Movement Against Alzheimer's

Weekend Programs: EngAGE the Brain!

SAT MARCH 19, 2022

- 11 AM** Stay Strong & Smart with Damien Temperly, Aging is Cool

SUN MARCH 20, 2022

- 7 PM** StrongerU Stretch with StrongerU Senior Fitness


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