



**VIRTUAL BRAIN  
HEALTH CENTER**

HONORING NATIONAL BRAIN AWARENESS MONTH, WE ARE ANNOUNCING OUR FIRST

# SUMMER BRAIN BOOT CAMP

JOIN US FOR A 3-DAY INTENSIVE PROGRAM PURPOSEFULLY DESIGNED TO STRENGTHEN THE MIND AND BODY.



**FREE PROGRAMS** June 21-23, 2022  
**MAKE YOUR BRAIN SWEAT!**

**TUE**

**JUNE 21, 2022**



**STRENGTHEN YOUR MIND & BODY**

**11 AM** Music, Movement & Memory with Shannon Wallace, CDP, CDC of Musical Memory Care

**2 PM** Right Brain? Left Brain? Does it Really Matter? with LeAnne Stuver, M.Ed., BSN of the Virtual Brain Health Center

**7 PM** Learn from the Expert with Dr. Laurie Goldman, MD, IFMCP of the Amen Clinics

**WED**

**JUNE 22, 2022**



**MAKE YOUR BRAIN SWEAT**

**11 AM** Cardiomelon: Mind + Body Fitness with Alison Weinlaeder of Cardiomelon

**2 PM** Physical Activity for Brain Health with Mike Splaine of Recruitment Partners, LLC

**7 PM** Think Fast! Interactive Brain Aerobics with Dr. Krystal Culler, DBH, MA of the Virtual Brain Health Center

**THU**

**JUNE 23, 2022**



**COOL DOWN & GET IN CONTROL**

**11 AM** StrongerU Stretch with Emily Johnson of StrongerU Senior Fitness

**2 PM** Healthy Living for Your Brain and Body: Tips From The Latest Research, Alzheimer's Association, Northeast Ohio Chapter

**7 PM** Meditation for the Body & Soul with Rebecca Rigert of Rigert Mind Body Arts

**OUR SUMMER BRAIN BOOT CAMP IS MADE POSSIBLE THANKS TO OUR COLLABORATIVE PARTNERSHIPS**



**TO REGISTER**



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

**QUESTIONS?**



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