

HOW LIFELONG LEARNING BUILDS A BETTER BRAIN

NO STRAIN, NO GAIN. OUR BRAIN LOVES TO LEARN AND BE CONTINUALLY CHALLENGED!



EXERCISES OUR BRAIN

Engages key brain functions- attention, concentration, memory, problem-solving, and more.



CULTIVATES NEW NEURONS

A main component to neurogenesis, building new brain cells (neurons) with more robust connections.



KEEPS US CONNECTED

Presents challenging opportunities and stimulating conversations to connect with others, peers, and topic experts.



BOOSTS BRAIN HEALTH

Promotes mental, physical, emotional, and social benefits for our overall brain wellness.



MENTAL AGILITY

Enhances our brain's ability to adapt to change known as neuroplasticity.



ENCOURAGES HEALTHY BRAIN AGING

Keeps the brain active in adulthood and post-retirement.



DECREASES OUR RISK FOR DECLINE

A vital lifestyle factor that can buffer cognitive performance.



EXPANDS OUR HORIZON

Provides numerous ways to grow our minds, strengthen our brains, and broaden our social network.



THE ADVENTURE OF A LIFETIME

A lifelong process that occurs through formal learning (virtual classes, in-person lectures) and informal learning (books, podcasts, hobbies).



DAILY PRACTICE

Start a lifelong learning routine by discovering one new thing every day.

Unlock the benefits of lifelong learning for brain health with us.



**VIRTUAL BRAIN
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