



WELCOME TO THE TBH COURSE!

Use this full course introduction whenever you welcome new students to your class.

You Will Need **TBH MEMORY 2.0 Student Welcome Packet**, enough copies for each new student

- Welcome new students each class using the suggested talking points below. Distribute the *TBH MEMORY 2.0 Student Welcome Packets* to new students.
- Introduce yourself and let new students know how they can reach you.
- Let new students know class meeting times and any additional instructions to join a class.
- Ask new students to briefly introduce themselves.

Welcome to the Total Brain Health MEMORY 2.0 program. I am so glad we are here together.

The TBH MEMORY 2.0 program is one of the TBH TOOLKITS, a series of brain fitness courses developed by Total Brain Health. It is based on the work of Dr. Cynthia Green, a clinical psychologist and leading brain health expert and author.

In this course, we are going to work together to rev up our recall by optimizing our brain fitness and learning new memory skills that will make the experience personal, challenging and rewarding. And it will be fun!

We rely on our memory every day and it serves us well to keep it sharp. Research shows that by actively incorporating easy-to-use memory strategies into our routine can help us improve our ability to recall at every age.

In this course, you will learn more about the science of memory and how to translate that learning into practical ways we can better care for our cognitive fitness.

Like all the Total Brain Health courses, this program is grounded in the cognitive fitness science. The TBH Blueprint shows that science and things we can do to stay sharp, vital and independent. The course focuses primarily on the “Spirit” pillar of the blueprint, or the aspects of social and emotional wellness that support better brain vitality, in addition to better well-being and healthy aging. You can feel confident that you are learning all the right things to boost your thinking as well as your overall wellness.

In addition, in each class we will build certain daily thinking skills. Each class I will tell you which skills we will be training. The TBH Thinking Skills handout outlines what those thinking skills are.

Some of you have taken the TBH MEMORY 1.0 program. In this course we will take our training to the next level, with more challenging ways of using those strategies. And, we will add on new, more complex strategies. At the end of the course, we can look forward to a friendly team competition, “The TBH Memory Finals,” that will put your skills to use in a 2-part match that is certain to leave us with many wonderful memories!