

Total Brain Health

YOUR SMART SOLUTION FOR BETTER MEMORY AND BRAIN FITNESS

Total Brain Health® Fairs

Want something new to boost your community's brain health? Try a Total Brain Health® Fair!

Our Total Brain Health® Fairs give folks of all ages the chance to experience hands-on a wide array of fun and creative activities that promote brain wellness. Research shows that many different pursuits – some which may even seem unlikely on the surface – can support better brain function and reduce our dementia risk. The Total Brain Health® Fair takes our respected Total Brain Health® model of engaging the body, mind and spirit for better cognitive health right to your audience, giving them the chance to do more than just listen to what to do to boost their brain power -- we get them started!

"As the Activity Director, I especially appreciated your assistance and guidance and how to put the day together. Your challenge to our residents to try at least three new things really did the trick! It was great seeing them attempting activities that they never tried before in such a fun setting. Once again, thanks for helping our facility to be on the "cutting edge", offering our residents a brain fitness day"

--- C. Livingstone, Heath Village

We make it fun!

- We get your audience to try brain building activities that are unique and that they might not think to try on their own.
- We provide a fun-filled, educational event packed with activities they can sample in one place.
- We motivate them to participate with fun challenges, competitions and prizes.

We provide the experts!

- Each event begins with a Kickoff presentation that highlights the brain health science behind each activity.
- You pick from our array of great activities which include everything from Juggling, Cartooning, Aromatherapy, Reflexology, Yoga, Group Word Games, to Poetry Jams and much more!
- We include ways of highlighting your own staff and activities for the day.

We make it work for you!

- We include lots of opportunity to showcase the activities you already offer that are "brain healthy."
- We pride ourselves on collaborating closely with you to guarantee that the event works for your community.
- Our menu of experts and services make the fair something that can work with all budgets.

Contact us today and start planning your Total Brain Health® Fair!
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