

# Hello from Total Brain Health!

Welcome to your **TBH CARE 1.0** Toolkit. We at Total Brain Health are excited to partner with you as you bring better cognitive wellness to your community.

The **TBH CARE 1.0** Toolkit is your guide to leading one-to-one and small group classes that give your students the tools they need for better well-being and connection. The course offers:

- ✓ **Continuous Delivery** across your calendar, with uniquely designed interactive workouts that provide different student experiences each time they are taught.
- ✓ **Flexible Class Times** with the option of “express” class times when it better suits your calendar or client needs.
- ✓ **Flexible Class Sizes** allowing you to accommodate individual or small group sessions that may vary week to week.

The toolkit has all you will need to deliver the **TBH CARE 1.0** course, including:

- **TBH CARE 1.0 COURSE MATERIALS** with scripted classes and proprietary stimulation materials.
- **TRAINER EDUCATION** resources that offer you an in-depth understanding of the brain health science, with links to white papers, and educational videos.
- **PLANNING** resources including a blank course schedule and student survey.
- **GET THE WORD OUT!** Marketing materials to promote your Total Brain Health program, including an introductory video and community presentation package.

As a Total Brain Health trainer, you will use the toolkit materials to lead hands-on, highly social exercises that bring to life the cutting-edge interventions shown by research to promote everyday intellectual functioning and lower dementia risk.

Please feel free to email ([info@totalbrainhealth.com](mailto:info@totalbrainhealth.com)) or call us (973.655.0422) for additional support, or to share what you have learned as a TBH trainer. We love to hear from you.

Here's to building better brains, together!

**The Team at Total Brain Health**

