

Hello from Total Brain Health!

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

As a Total Brain Health trainer, you will use the materials to lead hands-on, highly social exercises that bring to life the cutting-edge interventions shown by research to support everyday thinking, wellbeing, communication, and connection for those living with memory loss.

The **TBH CARE 1.0 Program** is your guide to leading small group classes that give your students living with moderate to moderate-severe memory loss the tools they need for meaningful cognitive stimulation, improved well-being, and stronger connection. The program offers:

- ✓ **Ongoing 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 shorter class times when it better suits your calendar or students' needs.

- ✓ **Flexible Class Sizes** that allow you to accommodate small groups that may vary in size week to week as well as individual cognitive training.

You will find everything you need to deliver the **TBH CARE 1.0** course, including:

- **TBH CARE 1.0 CLASS MODULES** with trainer class guides 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.

Please feel free to email (info@totalbrainhealth.com) or call us (973.655.0422) for additional support, or to share what you have learned. We love to hear from you.

Here's to building better brains, together!

The Team at Total Brain Health

