

Hello from Total Brain Health!

Welcome to your **TBH FLEX 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 FLEX 1.0** Toolkit is your guide to leading group classes that give your students living with mild to moderate dementia the tools they need to maintain cognitive skills and improve overall well-being. The course offers:

- ✓ **Continuous Delivery** across your calendar, with uniquely designed class training exercises 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 attendance numbers that may vary week to week.
- ✓ **Flexible Delivery Models** so you can teach small groups, provide one-to-one or hallway training, or offer live online coaching using video conferencing technology.

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

- **TBH FLEX 1.0 Course materials** with scripted classes, worksheets, proprietary games and handouts.
- **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 optimize well-being for those living with memory loss.

Please feel free to email (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 and your students!

We hope you enjoy teaching the **TBH FLEX 1.0** course. Here's to building better brains, together!

The Team at Total Brain Health

