



## TOTAL BRAIN HEALTH AND THE TBH TOOLKITS

### About Total Brain Health

Total Brain Health® is a recognized leader in the brain fitness industry. We believe that brain health is a critical part of optimal living, and that everyone should have the chance to boost their brain power and live life fully and richly, each day and every year. That is both our passion and our company mission.

Total Brain Health, the operating name of TBH® Brands, LLC, currently serves the active aging, fitness and wellness markets with B2B solutions in cognitive wellness. Offerings include the TBH Toolkits line of social-based brain training programs, the TBH Academy continuing education training programs for professionals, and TBH Solutions, partnership-driven customized brain fitness solutions for private clients.

### About Cynthia R. Green, Ph.D.

Cynthia Green, Ph.D. is a nationally recognized expert on brain health. She has served on the faculty of the Mount Sinai School of Medicine since 1990, where she is an assistant clinical professor in the Department of Psychiatry and has held various positions within the Mount Sinai Alzheimer's Disease Research Center. In 1996, Dr. Green founded Mt. Sinai's Memory Enhancement Program, an innovative course to improve memory fitness in healthy adults of all ages. Author of 4 books on memory and brain health, including *Total Memory Workout: 8 Easy Steps to Maximum Memory Fitness*; *Through the Seasons: An Activity Book for Memory Challenged Adults and their Caregivers* (with Joan Beloff); *Brainpower Game Plan* (with the editors of Prevention Magazine); and *30 Days to Total Brain Health*, Dr. Green is also a contributor to National Geographic's *Complete Guide to Brain Health* and *Your Best Brain Ever*, named by the Washington Post as a "2013 Top Guide to Life After 50." Dr. Green's work is featured frequently in the media, including *The Dr. Oz Show*, *CNBC*, the *New York Times* and the *Washington Post*. For more information, please visit [www.cynthiagreenphd.com](http://www.cynthiagreenphd.com).

### About the TBH Toolkits

TBH Toolkits are an innovative line of social-based brain training programs for group settings. Designed to empower participants with what they need to take better care of their cognitive well-being, TBH Toolkits are:

- **Grounded in science** reflecting the current research on how lifestyle choices and everyday strategies can sharpen thinking and promote brain vitality.
- **Proven to increase** participant's confidence, knowledge and participation in their own brain well-being.
- **Increase social engagement** and reduce loneliness through our unique social-based training approach.
- **Easy to implement** with online access to scripted classes, all resources, self-paced trainer learning materials.
- **Hands-on and fun, new ways** to experience how to be brain healthy!



## TBH TOOLKITS PROGRAMS

### 2018-2019 OFFERINGS



#### TBH BRAIN WORKOUT SERIES

Lifestyles focus for sharper thinking and reducing dementia risk. Leveled up courses for continued engagement and increased challenge.



#### TBH MEMORY SERIES

Memory strategies to boost recall for everyday information such as conversations and names. Leveled up courses for ongoing training and increased challenge.



#### TBH FAIR

A community health fair with a brain healthy twist! Great as a community brain health kick-off, family day, marketing event or employee wellness program.



#### TBH FLEX

Group training for persons facing memory challenge. Cognitive stimulation with a person-centered approach.