

CLASS LIST

CLASS	TOPIC	DESCRIPTION
1	NEW CONNECTIONS	Explores the impact of socializing on cognitive health and introduces students to each other.
2	IS IT MY MEMORY?	Teaches the 10 warning signs of Alzheimer's Disease with a group discussion activity.
3	LOOK FOR IT!	Explores the value of time challenges to cognitive skills training through a fun, visual-based workout.
4	LISTEN TO THIS	Demonstrates how attention and focus are vital to our ability to socialize and to our brain health with a collaborative active listening workout.
5	EAT SMARTER	Explores the cutting-edge science behind diet and brain health with a collaborative card-based workout.
6	THINK FAST!	Challenges visual and language skills by searching for letters and words against the clock in a variety of complex patterns.
7	WE HAVE SO MUCH IN COMMON!	Fosters intellectual engagement and social connections with a group goal sharing exercise.
8	LET'S JUGGLE!	Teaches basic juggling skills to show how complex physical activities support better physical fitness and brain wellness.
9	TBH BRAIN GAMES	Teaches the value of gamification and timed brain training with a fast-paced, fun team competition.
10	JUST BREATHE	Demonstrates how simple breathing exercises benefit our attention skills and emotional balance.
11	EAT THIS, NOT THAT!	Teaches the MIND diet and how to make healthier dietary choices with a fun team-based game.
12	IT'S A MYSTERY!	Teaches the value of intellectual engagement with a fun creative writing group workout.
13	BRAIN STRONG THROW DOWN	Teaches the importance of brain health self-confidence with a fun team-building workout.
14	OLIVE THAT!	Teaches the importance of healthy fats with a food tasting to encourage participants to try new, brain-healthy foods.
15	LET'S LIMERICK!	Teaches the value of creative intellectual engagement with a fun poetry activity.
16	RELAXING SIGHTS	Demonstrates the benefits of visual-based mindfulness exercises with an "all together" class workout
17	JUGGLE THE MIND	Teaches a juggling exercise that gives our brains and our bodies a workout with complex physical and mental challenges.
18	REBUS ROUNDS	Explores the benefits of intellectual engagement and problem solving with a paired up complex puzzle workout.
19	LET'S GET IT OHM	Introduces the ancient yogic meditation technique known as Kirtan Kriya and discusses how the physical and mental engagement work together to benefit brain health.
20	JUGGLING THE BEAT	Combines a juggling activity with music to demonstrate how a complex activity combined with the music's rhythm challenges attention skills, reaction speed and focus.
21	I KNOW THAT!	Utilizes a fun team trivia game to demonstrate the importance of retaining knowledge and exercising vocabulary, deductive reasoning and problem solving.

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22	WISE FOR YOUR YEARS	Demonstrates the power of deductive reasoning, a brain skill that improves with age.
23	I WILL ALWAYS REMEMBER...	Employs peer support to promote increased self-confidence and improve brain well-being.
24	AND THE AWARD GOES TO...	Acknowledges successful course completion and students' achievements towards better brain fitness.