

RESOURCES



TBH BRAIN WORKOUT *In Just 15!* | Class Schedule

Location: _____ Day: _____ Time: _____ to _____

Instructor: _____ Phone No.: _____

DATE	CLASS	TOPIC	INTRODUCTION
	1	Make New Friends	Meet your classmates and learn what the research shows about the benefits of staying social to our brain health
	2	Balancing Act	Learn why balance is key to keeping our brains healthy as we age.
	3	Beat the Clock!	Got five minutes? Play against the clock for an age-busting brain workout!
	4	De-Stress Yourself	Understand the full impact of stress on brain health and memory and what you can do to “de-stress” more effectively.
	5	Food for Thoughts	Learn how to eat smart for sharper thinking and better long-term brain wellness.
	6	Start Something New	Learn why you should always seek ways to engage your brain with some “out of the box” thinking, and get started on something new.
	7	10 Ways Your Brain is Great	Give your brain the kudos it deserves, and find out why doing so can even help you get brain healthy.
	8	Sleep, Sleep, Sleep	Learn why too little shut-eye can make it tough for us to focus, think quickly and remember new information.
	9	Attention, Attention!	Pay attention learn why attention is so critical to brain function, and how you can improve yours.
	10	Be a (Pen) Pal!	Learn why letter writing is a “triple threat” brain activity. Pen to some new pals in need with this activity, while benefiting your own brain wellness.
	11	Get Your Groove On!	Think while you move and learn why activities like dancing are a great brain booster.
	12	Did You Hear That?	Listen up! Learn why auditory health is a brain fitness issue, and try some fun, brainy ways to boost your hearing acuity.
	13	Get the Scent	Learn about the science of aromatherapy and its benefits to brain wellness.
	14	Brain Healthy Snack Attack	Make a brain boosting mini-meal out of your next snack attack with these tried-and-true nutritional tips.
	15	Ready, Set, Cartoon!	Stretch your mind to think in new and inventive ways with an artistic adventure.
	16	Grateful Thinking	Your brain is just amazing! Learn why being grateful for all our brain does can boost it’s performance and long-term health.
	17	Stroke Awareness	Stroke is a leading cause of brain injury. Learn how to identify a stroke and what you can do to lower your risk for having one.
	18	Locator Log	Keep better track of things that really matter to you and learn a simple strategy guaranteed to save you time (and aggravation!).
	19	It’s a Toss Up!	Give your coordination and speed a real workout that’s a “toss up.”
	20	Class Party	Celebrate with your class with some “grand finale” activities and gather a few final tips to stay on the path to better brain health!