

CLASS LIST

CLASS	TOPIC	DESCRIPTION
1	MAKE NEW FRIENDS	Meet your classmates and learn why staying social is one of the best things we can do for our thinking and our memory.
2	BALANCING ACT	See why balance is key to keeping our brains healthy as we age and try some easy balance-building exercises.
3	BEAT THE CLOCK!	Understand how playing against the clock can retrain critical thinking skills, team up for some friendly brain-boosting contests.
4	WHY STRESS?	Learn the toll stress can take on thinking and see how to best understand your own stress levels.
5	DE-STRESS YOURSELF	Practice some effective, easy to do “de-stress” strategies you can continue to use on your own.
6	FOOD FOR THOUGHTS	Hear how to “eat smart” for sharper thinking and better long-term brain wellness. Compete with your teammates in building a brain healthy recipe.
7	START SOMETHING NEW	Learn why we should always seek ways to engage your brain with some “out of the box” thinking. Work with a partner to start something new.
8	OUR BRAINS ARE GREAT!	Give your brain the kudos it deserves and find out why doing so can even help you get brain healthy.
9	SLEEP, SLEEP, SLEEP	Learn why too little shut eye can make it tough for us to focus, think quickly and remember new information, plan for getting a better night’s sleep.
10	ATTENTION, ATTENTION!	Understand why attention is so critical to our everyday thinking and memory, then try some focus-building workouts with your classmates.
11	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.
12	GET YOUR GROOVE ON	Challenge thinking and memory while you move to the beat. Learn why activities like dancing are a great brain booster.
13	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.
14	GET THE SCENT	Experience the science of aromatherapy and the different ways it can benefit cognition and well-being.
15	BRAIN HEALTHY SNACK ATTACK	Make a brain boosting mini-meal out of your next snack attack with some tried-and-true nutritional tips.
16	READY, SET, CARTOON!	Stretch your mind to think in new and inventive ways with a creative artistic adventure that taps the classical methods of cartooning.
17	GRATEFUL THINKING	Your brain is just amazing! Learn why being grateful for all our brain does can boost its performance and long-term health.
18	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.
19	LOCATION, LOCATION!	Keep better track of things that really matter to you and learn a simple strategy guaranteed to save you time. (and aggravation!)
20	IT’S A TOSS UP!	Understand why coordination and speed matter to brain health. Compete with your team in a friendly workout that’s a real “toss up.”
21	CHUNK IN YOUR ARMOR	Teaches the highly effective Chunk It strategy for remembering lists, directions and other information.

CLASS	TOPIC	DESCRIPTION
22	ON THE BRIGHT SIDE	Trains students to reframe experiences to promote more positive perspectives and improved mood.
23	POETS IN SESSION	Engages with a group poetry writing session for a highly creative mind “stretch” and social connection.
24	CLASS PARTY	Acknowledge and celebrate all you’ve accomplished so far with your class!