

Total Brain Health® is a fun way to boost everyday performance and promote long-term brain vitality. The program goes beyond brain training to address all the factors impacting your mind over time:

BODY ... Discover brain healthy habits for sharp thinking and brain vitality.

MIND ... Challenge your mental skills and thinking patterns with a variety of fun activities.

SPIRIT ... Explore how your relationships, outlook, and stress impact your brain.

“Most enjoyable and very informative ... so much fun for us seniors. Lots of helpful tips on how to keep your brain active and nutrition points as well.”
- Marlyn Harding

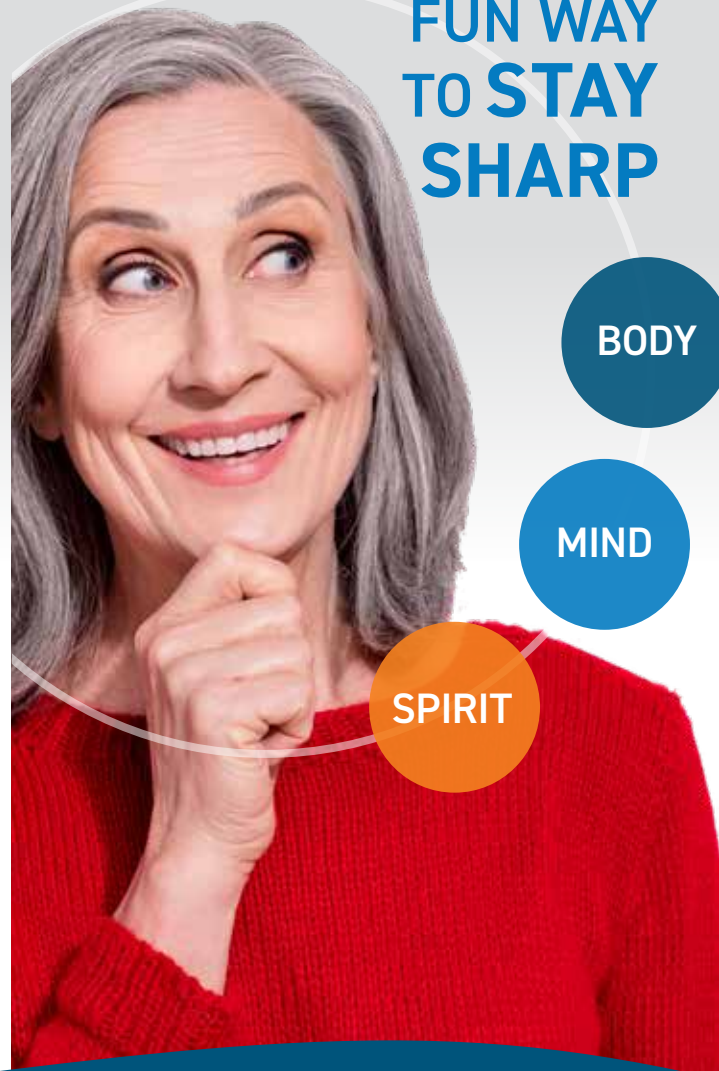


Coordinated by the Wellness Institute

To register or get a schedule for upcoming in-person or virtual programs, call 204-632-3927 or email info@wellnessinstitute.ca.

“This program is of great value to seniors. I believe it will have long-term benefits.”
- Lynn LePage

THE MOST FUN WAY TO STAY SHARP



BODY

MIND

SPIRIT

thewellness
Institute



EXPERIENTIAL

We make a game of keeping sharp! Total Brain Health® is a social program that combines hands-on activities with brain-boosting knowledge and the power of interacting in groups.

Learn practices that support a healthy brain and protect the intellectual skills that can diminish with age. Suitable for anyone who wants a sharper memory and better knowledge of the lifestyle behaviours that promote brain health.

EVIDENCE-BASED

Total Brain Health® is based on practices proven to sharpen cognitive skills, prevent age-related memory loss, and lower dementia risk.

The program was developed by Dr. Cynthia Green, a world-renowned brain health expert reflecting the current research.

For EVERYONE

The 4-6 week program is free, making it easy for anyone to take care of their brain. Sessions may be held in-person or virtually.

For details email
info@wellnessinstitute.ca
or call 204-632-3927

BRAIN
GAMES

BRAIN
FOODS

BUILD
ACTIVE
HABITS

TIMED
CHALLENGES
& ACTIVITIES

CONNECT,
SOCIALIZE,
LAUGH

MEMORY
BUILDING