

The Brain Health Blueprint: A 6-Week Interactive Roadmap to a Healthier Mind



Your brain health is shaped by the habits you build every day. In this engaging six-week series, participants will explore the key lifestyle factors that research shows support memory, thinking, and long-term cognitive wellness. Using the Brain Health Blueprint framework, each session focuses on one pillar of brain health, helping participants understand how everyday choices—such as nutrition, movement, sleep, stress management, social connection, and mental stimulation—work together to support the brain.

Throughout the series, participants will complete self-assessments, try practical brain-boosting activities, and develop a personalized Brain Health Blueprint they can apply in their daily lives.

Each week focuses on a different pillar of brain health:

DATE	TIME	SERIES
Wed, June 3rd	1:00pm - 2:00pm (PDT)	Your Brain, Your Future: How to Protect Your Mind as You Age. Understand how the brain changes with age, what cognitive reserve is, and the lifestyle factors that influence dementia risk and brain resilience.
Wed, June 10th	1:00pm - 2:00pm (PDT)	Feeding the Brain: Foods That Protect Memory. Explore how nutrition impacts energy, focus, and long-term brain health, and discover practical strategies for building brain-supportive meals.
Wed, June 17th	1:00pm - 2:00pm (PDT)	Keep Your Mind Sharp: Activities That Strengthen Memory and Thinking. Learn how learning, curiosity, and challenge help build cognitive reserve and keep the brain flexible and engaged.
Wed, June 24th	1:00pm - 2:00pm (PDT)	Move More, Think Better: How Exercise Protects the Brain. See how physical activity improves memory, mood, and overall brain function.
Wed, July 1st	1:00pm - 2:00pm (PDT)	Calm the Mind, Rest the Brain: The Power of Sleep and Stress Relief. Learn how physical activity improves blood flow, supports brain cells, and enhances memory, mood, and thinking.
Wed, July 8th	1:00pm - 2:00pm (PDT)	Putting It All Together: Build Your Personal Brain Health Plan. Explore the powerful role of social connection and purpose while creating your own Brain Health Blueprint for maintaining brain health long into the future.

ONLINE VIA ZOOM

Register here: <https://bit.ly/BHBJJ2026>