

My Brain Health Plan



Tuesday, June 16, 2026 | 2:00 pm - 3:00 pm PDT
Online via Zoom

Supporting brain health is not about one single habit—it is about the combination of daily lifestyle choices that influence how the brain functions over time. In this interactive session, participants explore key lifestyle factors that support cognitive wellness, including mental stimulation, physical activity, nutrition, sleep, stress management, and social connection. The class introduces evidence-based strategies that can help protect brain health and reduce risk for cognitive decline. Participants will reflect on their current habits and develop a personalized Brain Health Plan with practical steps they can incorporate into everyday life. This session empowers individuals to take an active role in supporting their cognitive health today and in the future.



Presented by:
Lauren Weiss

TO REGISTER:

CLICK HERE: <https://bit.ly/BHJUN1626>

OR SCAN THE QR CODE →



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