

Brain Health Blueprint: A Six-Week Series



The Brain Health Blueprint is a 6-week interactive series designed to empower adults to protect their brain and reduce dementia risk using evidence-based lifestyle strategies. Grounded in the 6 Pillars of Brain Health, this hands-on program combines education, self-reflection, and real-world practice—such as cooking demonstrations, movement labs, memory games, stress-relief techniques, and personalized goal-setting. Participants will leave with a customized Brain Health Roadmap© they can begin using immediately.

Each week focuses on a different pillar of brain health:

DATE	TIME	SERIES
Thursday, Oct. 1st	1:00pm - 2:30pm (PDT)	Your Brain, Your Future: How to Protect Your Mind as You Age. Understand how the brain changes and what you can do—starting today—to keep it strong.
Thursday, Oct. 8th	1:00pm - 2:30pm (PDT)	Feeding the Brain: Foods That Protect Memory. Learn how everyday meals can improve energy, clarity, and long-term brain health.
Thursday, Oct. 15th	1:00pm - 2:30pm (PDT)	Keep Your Mind Sharp: Activities That Strengthen Memory and Thinking. Discover how learning, challenge, and curiosity help the brain stay strong.
Thursday, Oct. 22nd	1:00pm - 2:30pm (PDT)	Move More, Think Better: How Exercise Protects the Brain. See how physical activity improves memory, mood, and overall brain function.
Thursday, Oct. 29th	1:00pm - 2:30pm (PDT)	Calm the Mind, Rest the Brain: The Power of Sleep and Stress Relief. Understand how sleep and emotional wellness play a critical role in brain health.
Thursday, Nov. 5th	1:00pm - 2:30pm (PST)	Putting It All Together: Build Your Personal Brain Health Plan. Create a realistic, personalized roadmap to support your brain for years to come.

Norman P. Murray Senior Center
24932 Veterans Way, Mission Viejo, CA 92692
Call (949) 470-3062 to RSVP