

# The 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.

| DATE                 | TIME               | SERIES                                                                                                                                                        |
|----------------------|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Friday,<br>Oct. 16th | 12:30pm-<br>2:00pm | <b>Your Brain, Your Future: How to Protect Your Mind as You Age.</b> Understand how the brain changes and what you can do—starting today—to keep it strong.   |
| Friday,<br>Oct. 23rd | 12:30pm-<br>2:00pm | <b>Feeding the Brain: Foods That Protect Memory.</b> Learn how everyday meals can improve energy, clarity, and long-term brain health.                        |
| Friday,<br>Oct. 30th | 12:30pm-<br>2:00pm | <b>Keep Your Mind Sharp: Activities That Strengthen Memory and Thinking.</b> Discover how learning, challenge, and curiosity help the brain stay strong.      |
| Friday,<br>Nov. 6th  | 12:30pm-<br>2:00pm | <b>Move More, Think Better: How Exercise Protects the Brain.</b> See how physical activity improves memory, mood, and overall brain function.                 |
| Friday,<br>Nov. 13th | 12:30pm-<br>2:00pm | <b>Calm the Mind, Rest the Brain: The Power of Sleep and Stress Relief.</b> Understand how sleep and emotional wellness play a critical role in brain health. |
| Friday,<br>Nov. 20th | 12:30pm-<br>2:00pm | <b>Putting It All Together: Build Your Personal Brain Health Plan.</b> Create a realistic, personalized roadmap to support your brain for years to come.      |

**Yorba Linda Senior Center**  
4501 Casa Loma Ave, Yorba Linda, CA 92886

Space is limited and registration is required.  
**Call (714) 961-7181 to RSVP**