



TBH TOOLKITS 2016

PRESS PACKET

TOTAL BRAIN HEALTH

WWW.TBHTOOLKITS.COM

PO BOX 3386, MEMORIAL STATION, UPPER MONTCLAIR, NJ 07043

Sample Press Release | TBH FAIR Toolkit

Engage Your Mind, Body and Spirit at the Total Brain Health® Fair

(Location), (Date). (Campus Name) will offer a free Total Brain Health Fair on (Date) at (Location). The Total Brain Health® Fair will provide an opportunity for people of all ages to experience a wide array of fun and creative activities designed to promote brain wellness.

According to Dr. Green, founder of Total Brain Health and renowned brain health expert and author, “Research confirms that many different pursuits – some of which might even seem unlikely on the surface – can support improved everyday brain function and reduce our dementia risk.”

The Total Brain Health FAIR on (Date) will feature exciting and stimulating brain-fitness exercises and games. “We’re happy to be teaming up with Total Brain Health to bring our community what I’m sure will be an entertaining and educational afternoon”, said (Name), (Title) of (Campus Name).

The Total Brain Health® Fair builds upon their model of engaging the body, mind and soul in the quest to achieve better cognitive health. Among the festivities planned are:

- A keynote speech by (Speaker Name)
- Juggling (with master juggler Name)
- Cartooning (with artist Name)
- Aromatherapy treatments
- A yoga sampler
- Brain-healthy treats for participants to enjoy

The Total Brain Health® Fair will run from (Times) at (Location). The event is free for participants. To register, call (Number), and for additional information, please visit www.totalbrainhealth.com.

ABOUT TOTAL BRAIN HEALTH

Total Brain Health is a leading provider of memory and brain fitness training programs designed for activity and wellness professionals. Total Brain Health offers a suite of social-based, experiential memory and brain fitness programs for small and large groups. Developed from over three decades of research, TBH Toolkits teach effective steps to boosting brain power using highly social, fun and engaging programs. For more information, call 973-655-0422 or visit www.totalbrainhealth.com.



ABOUT (CAMPUS NAME) (Company Info and Logo)



SAMPLE NEWSLETTER ANNOUNCEMENT

TOTAL BRAIN HEALTH® FAIR

(Campus Name) will host a free Total Brain Health Fair on (Date) at (Location). Perfect for all ages. Please invite friends and family to join us in a wide array of fun and creative activities designed to promote brain wellness. Festivities planned include:

- A keynote speech by (Speaker Name)
- Juggling (with master juggler Name)
- Cartooning (with artist Name)
- Aromatherapy treatments
- A yoga sampler
- Brain-healthy treats for participants to enjoy

The Total Brain Health® Fair will run from (Times) at (Location). To register, call (Number), or sign up (Registration Details).



TBH LOGOS

TBH Toolkits general logo



Total Brain Health logo

