



# TBH TOOLKITS 2016

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PRESS PACKET

TOTAL BRAIN HEALTH

[WWW.TBHTOOLKITS.COM](http://WWW.TBHTOOLKITS.COM)

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## Sample Press Release | TBH BRAIN WORKOUT

### **(Campus Name) to Host Total Brain Health BRAIN WORKOUT Classes**

(Location), (Date). The science shows that we must engage in many different ways to both support our daily thinking skills and to reduce our risk for serious memory loss. This (Date), (Campus Name) will proudly host a series of 20 TBH BRAIN WORK OUT training classes for residents and community members.

The TBH BRAIN WORKOUT classes teach brain healthy lifestyles with engaging exercises that span the physical, mental and emotional health pillars of wellbeing. Class activities range from juggling, to cartooning to meditating and will run for (class length | either 1-hour or 15-minutes) (class schedule | weekly, twice a week...). (Trainer Name and Title) will be the course leader.

“We are looking forward to offering this series of classes at (Campus Name). The Total Brain Health Brain Workout training classes reflect our commitment to better educate our community on brain wellness interventions,” said (Name), (Title) of (Campus Name).

The TBH BRAIN WORKOUT program was developed by renowned brain health expert and author, Dr. Cynthia Green. “It is our mission to improve the lives of adults by providing valuable information on staying sharp and vital in mind, body and spirit,” said Dr. Green. “Online brain training can mask the real science of what brain fitness is all about, namely engaging in lifestyle behaviors that have been tied to staying sharp. Our programs are scientifically-based brain fitness products that help adults age successfully.”

All classes will be held at (Campus Name and Address) from (Dates and Times). To register, please call (Phone Number) or email (email address).

#### **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 classes. For more information, call 973-655-0422 or visit [www.totalbrainhealth.com](http://www.totalbrainhealth.com).



#### **ABOUT (CAMPUS NAME)** (Company Info and Logo)

## **Sample Newsletter Announcement TBH BRAIN WORKOUT Toolkit**

### **ANNOUNCING TOTAL BRAIN HEALTH® BRAIN WORKOUT CLASSES**

Please join us as we “work out” our brain. You’re invited to this special hands-on, engaging course on brain wellness. We will meet for a series of 20 classes to discuss valuable cognitive interventions that can help support our daily thinking skills. Come and enjoy:

- Hands-on activities that focus on physical, mental and emotional health
- Strategies that help maintain our intellectual skills
- No-pressure challenges for intellectual engagement

Classes will be held on (Dates) from (Times). Register today (Registration Directions). For more information on class materials, please visit [www.tbhtoolkits.com](http://www.tbhtoolkits.com).

## Registration Form | TBH BRAIN WORKOUT Toolkit

### Reserve Your Seat Today! For TBH BRAIN WORKOUT Classes

Join us on (Date | Time) for a series of 20 engaging, hands-on neuron-boosting small group classes. Each meeting we will discuss the science behind valuable techniques for brain wellness, followed by a small group exercises designed to really drive home the information. Let's stay smart together!

Yes, I'd like to join The TBH BRAIN WORKOUT Classes this (Date | Time):

1. NAME: \_\_\_\_\_
2. NAME: \_\_\_\_\_
3. NAME: \_\_\_\_\_
4. NAME: \_\_\_\_\_
5. NAME: \_\_\_\_\_
6. NAME: \_\_\_\_\_
7. NAME: \_\_\_\_\_
8. NAME: \_\_\_\_\_
9. NAME: \_\_\_\_\_
10. NAME: \_\_\_\_\_
11. NAME: \_\_\_\_\_
12. NAME: \_\_\_\_\_

Classes brought to you by Total Brain Health





## **TBH LOGOS**

**TBH Toolkits general logo**



**Total Brain Health logo**

