

Welcome from Total Brain Health

Hello and welcome to the TBH Toolkits suite of brain training classes!

We are in the midst of a revolution in our ability to understand, influence and change the physiology and function of our most vital organ – the brain. Groundbreaking research has opened the door to interventions that harness the brain’s remarkable capacity to grow and change.

The new field of brain health has two primary goals:

- ✓ To help us maintain everyday intellectual performance
- ✓ To lower the risk of brain-related problems such as Alzheimer’s disease, other forms of dementia and stroke

The current science suggests that to achieve sharper thinking and ward off dementia, we must practice better health habits across the three main dimensions of wellness: physical, intellectual and socio-emotional health. Pursuing activities that promote engagement in all these areas – such as getting regular exercise, playing games that test our ability to “think fast,” stretching our minds with new intellectual pursuits, and staying socially connected – are all paths to better brain fitness.

Our TBH Toolkits offer brain training through hands-on, socially engaging classes and programs that teach the interventions shown to keep us sharp and maintain brain vitality over our lifetime. We invite you to visit our website to learn more about our suite of state-of-the-science brain training programs.

Thank you for joining us in the pursuit of brain healthy lives for everyone at any stage of life! For more information, please contact us at info@totalbrainhealth.com or (973)655-0422.

Here’s to better brain health for all!

Your Friends at Total Brain Health

TOTAL BRAIN HEALTH

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