

# TBH Toolkits

Developed By A Leading  
Expert in Brain Health



**Dr. Cynthia Green.** Dr. Green, President and Founder of Total Brain Health, is a nationally recognized expert on memory fitness and brain health. She has served on the faculty of the Mount Sinai School of Medicine and is author of several books on memory and brain health. Dr. Green developed the TBH Toolkits to bring you affordable brain health programming that is field-tested, cutting-edge, and fun.

# TBH Toolkits

Brain Training for  
Active Aging Settings



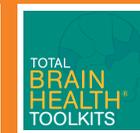
## Cutting Edge Classes You Can Teach

- **Scientifically-based interventions**
- **Hands-on, high-touch activities**
- **Challenging, meaningful engagement**
- **Encourages socialization**
- **Satisfaction Guaranteed**

**Start Today!**  
**[www.tbhtoolkits.com](http://www.tbhtoolkits.com)**  
**or call us 973-655-0422**

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Get Smart About  
**Brain  
Health**



# TBH TOOLKITS

Brain Health Education  
That Delivers Results



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# The Total Brain Health® Science



TBH Toolkits meet the growing demand for affordable, high-quality cognitive fitness programming. Each toolkit brings you scientifically-based brain fitness classes:

- Developed by experts
- Easy-to-implement
- Affordable
- Scripted and detailed - no previous training or certification needed
- Designed to challenge and engage active aging audiences
- Integrated opportunities for socialization
- Based on the TBH Blueprint engaging body, mind and spirit

## Deliver Brain Fitness Today



### • TBH MEMORY

Teach practical strategies to rev up recall. TBH MEMORY courses offer an innovative approach to proven memory techniques for small or large groups.

*Two format choices:*

*60 minute classes*

*Express 15-minute classes*



### • TBH BRAIN WORKOUT

Deliver meaningful brain health wellness classes with this robust package of engaging, hands-on activities and the science behind optimizing cognitive fitness.

*Two format choices:*

*60 minute classes*

*Express 15-minute classes*

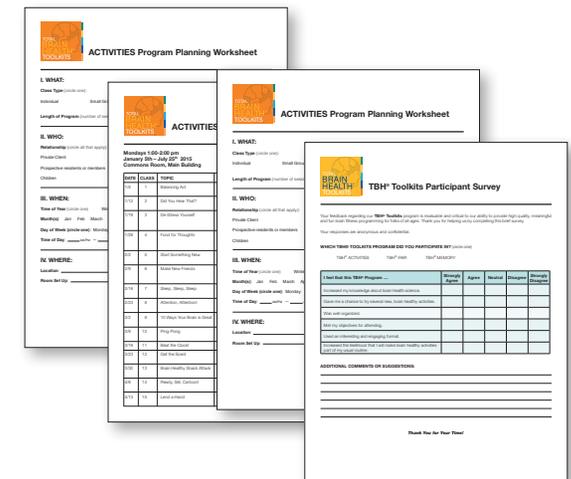


### • TBH FAIR

Host a winning community brain health fair with our unique TBH system. Get a step-by-step planning guide, plus tips for a successful, lively large-scale event for all ages.

## Each Toolkit Includes:

- **Printed Manual** with teacher scripting and step-by-step directions
- **24/7 Online Access** through a secure, private portal
- **Supplementary Worksheets and Resources** for additional educational materials



- **Phone and Email Support** from Total Brain Health experts
- **Per Site renewable 1-Year License**
- **Annual updates**

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