



## TBH BRAIN WORKOUT | Class Schedule

Location: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ to \_\_\_\_\_

Instructor: \_\_\_\_\_ Phone No.: \_\_\_\_\_

DATE	CLASS	TOPIC	INTRODUCTION
	1	<b>Make New Friends</b>	Meet your classmates and learn what the research shows about the benefits of staying social to our brain health
	2	<b>Balancing Act</b>	Learn why balance is key to keeping our brains healthy as we age.
	3	<b>Beat the Clock!</b>	Got five minutes? Play against the clock for an age-busting brain workout!
	4	<b>De-Stress Yourself</b>	Understand the full impact of stress on brain health and memory and what you can do to “de-stress” more effectively.
	5	<b>Food for Thoughts</b>	Learn how to eat smart for sharper thinking and better long-term brain wellness.
	6	<b>Start Something New</b>	Learn why you should always seek ways to engage your brain with some “out of the box” thinking, and get started on something new.
	7	<b>10 Ways Your Brain is Great</b>	Give your brain the kudos it deserves, and find out why doing so can even help you get brain healthy.
	8	<b>Sleep, Sleep, Sleep</b>	Learn why too little shut-eye can make it tough for us to focus, think quickly and remember new information.
	9	<b>Attention, Attention!</b>	Pay attention learn why attention is so critical to brain function, and how you can improve yours.
	10	<b>Be a (Pen) Pal!</b>	Learn why letter writing is a “triple threat” brain activity. Pen to some new pals in need with this activity, while benefiting your own brain wellness.
	11	<b>Get Your Groove On!</b>	Think while you move and learn why activities like dancing are a great brain booster.
	12	<b>Did You Hear That?</b>	Listen up! Learn why auditory health is a brain fitness issue, and try some fun, brainy ways to boost your hearing acuity.
	13	<b>Get the Scent</b>	Learn about the science of aromatherapy and its benefits to brain wellness.
	14	<b>Brain Healthy Snack Attack</b>	Make a brain boosting mini-meal out of your next snack attack with these tried-and-true nutritional tips.
	15	<b>Ready, Set, Cartoon!</b>	Stretch your mind to think in new and inventive ways with an artistic adventure.
	16	<b>Grateful Thinking</b>	Your brain is just amazing! Learn why being grateful for all our brain does can boost it’s performance and long-term health.
	17	<b>Stroke Awareness</b>	Stroke is a leading cause of brain injury. Learn how to identify a stroke and what you can do to lower your risk for having one.
	18	<b>Locator Log</b>	Keep better track of things that really matter to you and learn a simple strategy guaranteed to save you time (and aggravation!).
	19	<b>It’s a Toss Up!</b>	Give your coordination and speed a real workout that’s a “toss up.”
	20	<b>Class Party</b>	Celebrate with your class with some “grand finale” activities and gather a few final tips to stay on the path to better brain health!