

RESOURCES



CLASS 20 | CLASS PARTY

Worksheets

TBH “Maintain Your Brain” Worksheet: This is a worksheet with tips for maintaining brain boosting habits on your own. You can use this worksheet as a guide for talking points at the party and as a handout attendees can take home.

The Total Brain Health Blueprint Worksheet: This worksheet provides attendees with a graphic model of our Total Brain Health Blueprint. You can use it to review the Body | Mind | Spirit pillars and 9 Action Points of the Total Brain Health blueprint, and as a handout class members can take home. It also prints nicely on card stock, and can make a nice “end of the class” gift for your attendees.