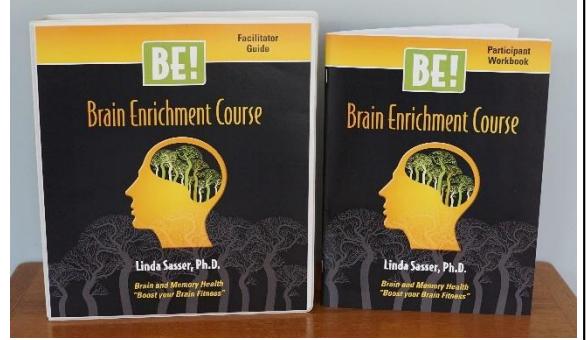


## ***BE! Brain Enrichment Course***

**BE! Brain Enrichment** is an interactive educational experience for adults with normal age-related memory changes. Research shows that continued participation in mentally stimulating activities throughout the lifespan can help slow cognitive decline and has the potential to reduce the risk of developing Alzheimer's disease.



**In ten, one-hour interactive sessions** participants:

- learn about the brain's processes of attention, working memory, long-term memory, reasoning, and problem solving
  - participate in mental exercises to engage and stimulate the brain
  - learn about lifestyle practices for maintaining brain health
  - practice strategies for improving thinking and memory

One goal of this course is for participants' learning to transfer to tasks of daily living such as attention, word-finding, remembering names, and planning.

#### ***Comments from participants:***

“Linda Sasser's course on brain enrichment has been a fascinating opportunity to learn more about this amazing part of me. It provides exercises and techniques to help sharpen my cognitive and memory skills --and have fun in the process! One of my goals is to be a life-long learner, so keeping my brain healthy and mentally fit is a priority. My only regret is that the hour passes much too quickly!” - Lenore B.

“If you’re looking for ways to help your brain help you, join ***BE! Brain Enrichment Course*** for effective, known ways and resources to enhance your brain in a group setting that’s supportive, helpful, and fun!” - Dr. Glenn H.

“Attending this class has been enjoyable and helpful. We have participated in the suggested mental exercises and have found them very stimulating. In applying what we have learned we are sure it will affect the quality of living we experience.” - Esther B.

## ***About the Author***



Linda Sasser, who holds a Ph.D. in educational psychology, has more than 30 years of experience as a professional speaker, university professor, and workshop facilitator. She has taught extensively on brain health and memory improvement. Dr. Sasser has a reputation as an enthusiastic speaker whose ability to be informative and present practical strategies is balanced by her engaging presentation style which encourages active participation by those in attendance. Through her business, *Brain and Memory Health*, she exercises her passion for educating and motivating people to fully utilize their brain's potential.

## ***BE! Brain Enrichment Course Outline***

Allow **at least one hour** for each session.

Introduction

*BE #1 – Cognitive Processes and Information Processing Model*

*BE #2 – Brain SENSE and Attention*

*BE #3 – Mindfulness, Speed of Processing, and Fluency*

*BE #4 – Short-term and Working Memory*

*BE #5 – Forgetting, Aging, and Remembering*

*BE #6 – Mnemonics and Strategies for Remembering Names*

*BE #7 – Strategies for Everyday and Prospective Memory Tasks*

*BE #8 – Reasoning*

*BE #9 – Problem Solving*

*BE #10 – Creative Thinking and Course Review*

Resources: Websites and Books

Word Lists Handout for BE#5

Course Evaluation Form