

Brain Health Academy

Achieving a Healthy Lifestyle

A six-week educational program on achieving a healthy lifestyle and overall brain health. The Academy will take place **virtually** and **in-person** at the Passmore Center, culminating in a graduation ceremony on April 20.

Wed, March 9 - April 20, 6-8pm
Registration Deadline: Wed, March 2, Call 919-245-2015
 Passmore Center, 103 Meadowlands Dr., Hillsborough

**FREE
HYBRID
EVENT!**

CLASS	FOCUS	SPEAKER	DATE & TIME
Kick-off Event Leigh Brain & Spine	Keynote address and program introduction.	Dr Patricia Leigh, PhD, CCC-SLP, BCN Certified Brain Health Coach	Wed, March 9 6-8pm
Module I Nutrition for a Healthy Brain & Body	Eating for brain health – what is good for the body is good for the brain. As we age, whether in our 40's or 80's, our brains and body require certain nutrients to function optimal.	Christy Quirk, MS, RD, LDN	Wed, March 16 6-8pm
Module II Exercise Your Best Brain	Importance of physical activity (neuroplasticity and exercise) for optimal brain health – the why and the how.	Salli Benedict, MPH, RYT Health Educator and Certified Fitness and Yoga Instructor	Wed, March 23 6-8pm
Module III Managing Life's Transitions through Mindfulness	The importance of adopting a stress management system to support inevitable life transitions.	Paula Huffman, BS, RN ERYT Mindfulness Instructor and Adjunct UNC Program on Integrative Medicine	Wed, March 30 6-8pm
Module IV Social Engagement/ Maximizing Cognition with Novel Learning	People live longer and happier lives when they are engaged in and connected to something that gives them meaning and purpose, such as regular volunteering.	Takira Robinson, Expected - BS Public Health, 2022, North Carolina Central University HeartMath Meditation Lorraine Lewis - HeartMath Certified	Wed, April 6 6-8pm
Module V - Part A Healthy Hearing & Cognition	Types of hearing complications: What assistive devices and techniques are available and how hearing connects to the brain.	Patricia Johnson, AuD Audiologist - UNC School of Medicine	Wed, April 13 6-8pm
Module V - Part B Brain Connection and Medication Management	How medication management affects the brain.	DeLon Canterbury, PharmD, BCGP African American COVID-19 Task Force (AACT+), President/CEO of GeriatRx, Inc.	Wed, April 20 6-8pm



*Chance to win Dinner and Movie tickets for two.
 Each session will be facilitated by a Department on Aging staff member, ending with Q & A.
 Refreshments available after each session for in-person attendees.*

