

Brain Health Academy

Achieving a Healthy Lifestyle

A 6-part educational/interactive series dedicated to Achieving a Healthy Lifestyle through healthy brain and body activities.

Wed, Sept 18-Oct 30, 6:30-8:30 pm
Registration Deadline: Wed, Sep 11, Call 919-968-2070
 Seymour Center, 2551 Homestead Rd., Chapel Hill, NC

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, Sep 18 6:30-8:30 pm
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 40s or 80s, our brains and body require certain nutrients to function optimally.	Melissa Walter, MPH, RDN, LDN	Wed, Sep 25 6:30-8:30 pm
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, Oct 2 6:30-8:30 pm
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, Oct 16 6:30-8:30 pm
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.	Carl Nordgren, Author of <i>Becoming a Creative Genius (again)</i> and College professor of creativity and entrepreneurship	Wed, Oct 23 6:30-8:30 pm
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.	Dr Patricia O. Johnson, Doctor of Audiology	Wed, Oct 30 6:30-8:30 pm
Module V - Part B Brain Connection and Medication Management	How medication management affects the brain.	UNC Eshelman School of Pharmacy Students	



Participants will be able to document learning with a Passport to Brain Health Academy. Individuals will receive a stamp at each week's presentation and submit the completed passport for a chance to win Dinner and Movie tickets for two. The more stamps you receive the more chances you have to win! Each session will be facilitated by a Dept on Aging staff member, and will have time for questions. Beverage and refreshments will be available.

Space is limited, so register early by calling the Seymour Center, 919-968-2070, before Wed, Sep 11.